

Quarterly

Autumn 2023



**PETER'S EXPERIENCE
IS A REMINDER TO**
take precautions against COVID-19
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Jayde's resilience PG4



United in diversity PG5



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CEO & CHAIR'S Report

There is evidence that the communities we live in, including our social networks, have a significant impact on our health and strong and supportive relationships have been found to be a buffer against worse health outcomes.

Our community is resilient and kind. We love being an active part of our community, building strong relationships and working with our neighbours to improve others' lives. The enthusiasm to reach out and make a difference, powers a culture of caring.

Moving into 2023 we continue to deal with different strains of COVID-19 and it is important to know that we have the tools (i.e. vaccination, ventilation, mask wearing, isolating and medication) to care for ourselves and our loved ones while moving forward to do all the things that are important to us.

TDHS has made new Chief Executive Officer, Gary Castledine, feel very welcome. Gary has worked at Ambulance Victoria for over 20 years where, just like at TDHS, the actions of each employee contributes to the ultimate aim of caring for our consumers and our community.

After being on our Board of Directors for more than 5 years, Chris Stewart recently resigned from his director's position, and we thank him for his care and commitment

to the health and wellbeing of our community and his involvement in the strategic direction of our healthcare service.

We are excited about 2023 in which we share the benefits of joined efforts with our kind and caring community, among other things our 2023-27 Strategic Plan, TDHS bus, training equipment, and look forward to continuing to work together for a healthy community.

Take care and enjoy all that our beautiful autumn has to offer.

Board Chair
Frank Carlus

Chief Executive Officer
Gary Castledine



Welcome GARY AS NEW CEO

We recently welcomed our new Chief Executive Officer Gary Castledine into the fold.

Gary has spent over two decades in the healthcare sector, most recently as the Integrity Officer for Ambulance Victoria (AV). In fact, Gary was employed for about 25 years at AV. Prior to that, he was a police officer for 3 years.

"We moved to Timboon in 2008, when I was a paramedic for Ambulance Victoria," Gary said. "I worked in the area until more recently, I had been working as a group manager for AV in the south west area, and then in 2019 obtained the Integrity Officer role," Gary added.

During Gary's time as a paramedic based in Timboon, he was involved in the development of an emergency action plan for the town in 2009-2010, following the Black Saturday Fires. Gary was also one of the first occupants of the then new ambulance station which opened in June 2010.

"I got to almost 25 years with AV, and it was time for a career change," Gary said. "I'm really pleased about where I've ended up," he added.

In addition to Gary's experience in the health industry, and devotion to public service, he is a firm believer in continuous improvement. In addition to his first degree, a Bachelor of Applied Science, he has continued to study throughout his working life. He also holds further qualifications including a

Bachelor of Arts, Diploma of Ambulance Paramedic Studies and a Master of Ethics and Legal Studies.

However, even with all the work and study, Gary ensures he has time for his family and community.

"My wife Melissa and I have three kids, Hollie, Jaimie and Finn. Melissa is also a paramedic and works over in Warrnambool," Gary said. "The kids played sport for local clubs. Personally, I enjoy my involvement in the golf club and the Timboon Demons Football Netball Club" Gary said.



PETER'S EXPERIENCE IS A REMINDER TO take precautions against COVID-19

Peter Younis is well-known in the Port Campbell and Timboon community, both for his work as a veterinarian at The Vet Group, and his community involvement with the Heytesbury Historical Society and Port Campbell State Emergency Service (SES).

Peter has been living with Waldenstroms Macroglobulinemia (WM), a rare type of blood cancer that begins in the white blood cells, since 2004. In the past 18 years Peter has experienced treatments including chemotherapy, and more recently was part of a clinical trial for a new drug. In fact Peter was only the eighth person in the world to be treated with this drug, now known as Zanubrutinib.

"I have been fortunate, with treatments allowing me to live a relatively normal life over that time, it's been no big drama," Peter said.

A relapse in 2021, required another round of treatment. The drugs worked well on the lymphoma, but left Peter with reduced immunocompetence. Peter and wife Sue have been careful throughout the pandemic, knowing that with Peter's reduced immunity an infection could be very dangerous. By late 2022, Peter had received four COVID-19 vaccines, a treatment with a monoclonal antibody and had tried very hard to avoid the virus. However, on the 6th December 2022, he tested COVID-19 positive.

Peter's condition gradually worsened and just before Christmas, he was admitted to South West Healthcare in Warrnambool. He was sent home, briefly, but was then readmitted and transferred to the respiratory unit in Geelong.

"The main problem was that my body had an inability to rid itself of the virus. My first negative COVID-19 test was on the 20th of January, 45 days after the initial positive test" Peter said.

Peter is extremely thankful for the team at Warrnambool and Geelong hospitals, the local Community Emergency Response Team (CERT) and ambulance staff and the doctors at Timboon Clinic. "The care I received – you won't get that anywhere else in the world," Peter added.

"The team in Geelong are very experienced, with the scientific knowledge, but also the lived experience during the pandemic of dealing with people with immunosuppression and COVID," Peter said.

"I have been left with pretty significant weight loss, massively reduced lung capacity and have experienced mouth, nose and throat ulcerations," Peter said.

However, Peter is clear that he is not complaining about his situation. He sees it as a valuable lesson about the impact the virus can have on people living with compromised immunity, and their families.

"It's been life changing for not only myself and Sue, but for our whole family. It's limited how often we can visit with family. We wear masks when we go out. I have only just had my first outing after having had COVID," Peter said.

Peter knows the importance of being vaccinated. "The evidence is very clear that vaccinations make a significant difference. Vaccinated people are less

likely to get seriously ill, are less likely to require intensive care and are less likely to die," he added. He is thankful that he had received four vaccinations prior to his infection.

"We need to look at what we can do, not what we can't. There are simple things people can do to avoid contracting COVID and sharing it with people in their families who may be immunocompromised. These include wearing masks, hand hygiene, assessing your risk profile with respect to large gatherings and being vaccinated," he said.

Peter's planned transition to semi-retirement is on hold. He is currently, physically incapable of working as a vet for the 1-2 days a week he was planning. "We don't know how long my recovery will take, we don't know what the end point will look like," Peter said.

Peter's experience serves as a reminder of the importance of taking COVID-19 seriously and following health guidelines. By doing so we can protect not only ourselves, but also those around us, especially those who are at higher risk of severe illness.

As of 20th February, all Australian adults who haven't had a COVID-19 booster or a confirmed case of the virus in the past six months are eligible for an additional jab.

For more information, please visit www.coronavirus.vic.gov.au/get-vaccinated and to book a vaccination appointment, please contact Timboon Clinic on 5558 6088.



Jayde's resilience AS AN ENDO WARRIOR

Port Campbell's Jayde Alexander first started experiencing symptoms of pain and discomfort following the birth of her first child in 2014. At the time Jayde put the feelings of nausea down to changes in her body following pregnancy and childbirth, including the expected hormonal changes.

"I was really nauseous," Jayde said. "Sometimes I was so sick that I couldn't get out of bed. I assumed it was a food intolerance," Jayde added.

After the birth of her second child in 2016, Jayde sought assistance from a naturopath. The use of herbs and a restricted diet relieved some symptoms; however, Jayde was still experiencing fatigue, severe migraines, and an irritable bladder. "The nausea was the worst part," Jayde said.

In late 2018, Jayde went to see a doctor. By this stage Jayde's symptoms included pelvic pain. "I finally went to a doctor, by this stage I was always bloated, and it was painful. The doctor did lots of tests and then I had a laparoscopy early in 2019," Jayde said. This keyhole surgery found that she had stage 1 endometriosis as well as adenomyosis. Both conditions involve cells from the uterus acting abnormally. Endometriosis occurs when the uterine lining (endometrium) tissue grows outside the uterus in other parts of the body. Adenomyosis, on the other

hand, occurs when the endometrial tissue grows into the muscle wall of the uterus.

Before anything further could be done in terms of Jayde's diagnosis, she was pregnant for a third time. Jayde credits this pregnancy with saving her. "Knowing that the problems were endometriosis and not a food intolerance I was able to reintroduce lots of foods I had been restricting and gave my body a reset and the nutrition it needed," Jayde said.

The symptoms of endometriosis became more apparent after her third child was born, so about two months later Jayde had another laparoscopy where they removed as much of the affected endometrial tissue as possible. Following this Jayde was still experiencing severe symptoms. "I was still having bad migraines, nausea, my bowels weren't working, and the period pain was too much," Jayde said.

After much research and discussion with her gynaecologist Dr Liz Uren, Jayde realised that a hysterectomy was the best option for her, which she had in March 2020. The decision to have a hysterectomy is not an easy one, and it can be emotionally challenging for women who want to have children. "We had completed our family, so it wasn't a large decision for us," Jayde said.

However, when Jayde's results from the hysterectomy came through it was found she had some abnormal cells indicating the presence of cervical cancer. Jayde had a cone biopsy to have abnormal tissue removed from her cervix.

Around 8 weeks later Jayde started experiencing phantom periods. "I was having all the signs and symptoms, including migraines, nausea and bloating," Jayde said. "I then underwent a colonoscopy and endoscopy to ensure it wasn't gut related," Jayde added. The results indicated that the problem was not with her digestive system.

Jayde is now on a combination of hormones including a daily progesterone pill, and estrogen delivered via a skin patch, which have relieved some of the symptoms including the nausea and headaches. While Jayde is relieved some of the symptoms have gone away, she still feels like she has her monthly cycle and experiences premenstrual syndrome (PMS) as well as symptoms of perimenopause including insomnia.

Jayde, now 37, is kept busy with 3 young children and running her business, Port Campbell Holiday Rentals, which which takes care of about 20 properties.



March is EndoMarch, raising awareness for Endometriosis.

www.endometriosisaustralia.org provides educational blogs, "Living with Endo" podcasts and other Endo Warrior stories.

You can also book an appointment with our Community Health Nurse Amanda or with one of our General Practitioners at Timboon Clinic by calling 5558 6088.

Our cultural diversity is one of our greatest assets – it sparks innovation, creativity, and vitality. Our economy is strengthened by the skills, knowledge, linguistic capabilities, and networks of our diverse workforce.

The workforce at Timboon and District Healthcare Service (TDHS) reflects some of that same cultural diversity, with staff originating from different parts of the world, including Holland, Kenya and Nepal.

Tina, who works in Hotel Services, is from Ukraine and migrated to Australia with her husband Alex in 2011.

They met working on a farm in Denmark after both graduating with an Agronomics degrees– science of farming, including the study of soil, plants, and animals, and ways to improve the production of food on farms - in their home land. After getting married surrounded by their family in Ukraine, they decided to try their luck in Australia, gaining more experience in a country that is known for its extensive farming knowledge and culture.

Living in Australia has been a dream come true. "It's such a beautiful country with beautiful people," Tina said. "And so welcoming." While Alex was taught English at school in Ukraine, Tina had to teach herself over the years, which she finds is an integral part of integrating into the community. Their 3 kids, all born in Australia, will often correct her as they all talk 'Australian'. She does however make sure that their Ukrainian heritage doesn't get forgotten, by bringing them up bilingual.

Tina finds herself very lucky having a big family. "I was so surprised to see so many kids in Australia," Tina said. "In Ukraine families only have 1 or 2 kids as it is too expensive to have more as it is quite a poor country."

Families work very hard, but their income is often only enough to feed their family for a month, not knowing what the next month will bring. Most families have a vegetable garden and often the food is shared with other families and neighbours.

"The elderly are expected to be looked after by their children and if they don't have children, then they can go into a retirement home," Tina says.

After working on a farm for 10 years and rising with the sounds of the early birds songs, Tina decided she wanted to look for a job outside farming and applied for a casual Hotel Services assistant job at TDHS. The staff and consumers love her smiling face and friendly chats. Her kindness and gratitude radiate along the hallways.

"I still have to get used to the idea that it is ok to walk in an office where administration staff are busy behind the computer and that I'm not disturbing them," Tina chuckled. "They ask me to stop apologising as I'm just doing my job."

Tina's eagerness to learn has seen her complete her Certificate III in Personal Care at TDHS. It meant she could do most of her placements locally without impacting on her working hours and family life. "I love caring for people, especially the elderly," Tina said. "We have a wonderful community and it's good to give back some of the kindness that they've shown me."

While Tina and her family feel at home here in Australia, the heartache of being away from her Ukrainian family never goes away. A global pandemic and land war in their home country has made the distance between them and their loved ones even harder to deal with.

"The war has been very hard, especially knowing that family members are either away fighting or are dealing with restricted electricity and heating supply waiting for their loved ones to return safely from the war. Some are away for quite a while, some fight for a couple of days at a time; either way the anxious wait for their return is heart breaking," a teary Tina said.

However, Tina's positive attitude always shines through. Her sister came over from Ukraine for 6 weeks over Christmas and Tina loved having her here. The war meant that she had to travel by train from Kiev to Helsinki, a precarious part of the journey, especially since they later discovered that Ukrainian President Volodymyr Zelenskyy used the same way of travel on his way to visiting America.

"I followed my sister's every move and was relieved when I knew she was safe on a flight to Australia. It was so good to finally have her in my arms."

The small 3-bedroom house didn't seem big enough as Alex's sister and her little girl were also living with them, but for Tina it was her dream home with her family surrounding her. "The bedrooms were packed but the living area was still empty, so there was plenty of room," Tina chuckled.

Even though her sister had to go back to Ukraine, Tina is so thankful for the time they spent together. And modern technology gives her the option to stay in touch with her family overseas.

Tina is grateful to her Australian family, the Timboon community and TDHS, for welcoming her with open arms and making her feel at home. "I haven't got enough words, as my English isn't very good, but this community and the healthcare service includes very good people and I'm very happy to be here."

Cultural Diversity Week is from 11 – 21 March. Cultural awareness is interlinked with healthcare and its understanding is vital to providing consumer centred care.

Separation from family can affect our health, physically and mentally. If you or a loved one would like assistance, please contact Timboon Clinic on 5558 6088 for an appointment with a GP or contact our healthcare service on 5558 6000 to make an appointment with our Social Worker.





Menopausal women

- A FORCE TO BE RECKONED WITH!

For Timboon and District Healthcare Service (TDHS) Community Engagement Officer Sabine McKenzie (54) hormones have always been a big part of her life. "As a teen I had heavy irregular and painful periods," Sabine said. "Then in my 30s I started getting hormonal migraines, which were quite debilitating."

As she was going through the menopausal change at 51, she experienced some hot flushes during the night and thought she was breezing through it, until she was getting monthly headaches again and discovered mood swings.

Sabine shares the story of when, one night before heading to bed she was attempting to close the blinds. "It was a Holland blind. Each time I pulled the automatic release cord, the blind kept going up instead of down! I was full of rage; I've never been this angry! I ended up getting the scissors out and cutting the cord to get the blinds down," she giggled. Sabine can laugh about it now, but the sudden rage outburst got her worried.

As Sabine was talking and laughing about it at the copying machine with Adele, TDHS Community Care Supervisor, she discovered that Adele experienced terrible mood swings for a while herself.

"I was relieved to hear that I wasn't going crazy and thought that I wouldn't be the only one thinking that way, so I got some of my lovely colleagues, Adele, Sharynn and Kathryn, together to have a chat about how we navigate our way through menopause and perimenopause symptoms and put it out there, hoping that our chat will help other women out there."

Menopause and perimenopause are two stages that women go through as they age. Menopause refers to the end of a woman's reproductive cycle, while perimenopause is the traditional phase leading up to it. These stages can be challenging for many women, as they experience a range of physical and emotional symptoms.

Adele was 39 when she started perimenopause, almost 20 years ago. Initially she thought she was suffering with depression as she was experiencing depressive thoughts including suicidal ideation. Adele would also suffer self-doubt. "Sometimes you would think 'Nobody likes me' other times it was suicidal thoughts. 'I would be thinking I have had my children, my life is over, I have done nothing, and been nowhere,'" Adele said.

"Your whole personality changes," Adele said. "Now I am outspoken, I never was before," she added. Adele was prescribed antidepressants. Physical changes also occurred. For Adele, her periods had always been light, but then when perimenopause began, she started to experience extremely heavy flow. "I couldn't go to work, it was difficult as I had male bosses who just didn't understand," Adele said.

It was about the time of her transition into perimenopause that Adele first started to experience lipedema – a painful build-up of fat in your arms and legs, as well as the onset of arthritic joint pain.

For Sharynn, TDHS Hotel Services Assistant, the worst symptom of menopause is anxiety. "I never really had anxiety before," Sharynn said. "I used to socialise a lot more, now I get anxious even thinking about going out," she added. Sharynn said the assistance of a naturopath was useful. Nights sweats are another symptom Sharynn has experienced. "Waking up in a pool of sweat is another thing I have had to get used to," she said.

Kathryn's perimenopausal symptoms began when she was around 45. The first symptoms for her included brain fog, and a lack of concentration including memory loss. "I couldn't easily recall the names of people I know well, like my aunt," Kathryn said. "My thoughts went straight to Alzheimer's, but I now know that around two-thirds of women experience brain fog as a symptom of menopause," Kathryn added.

One of the biggest challenges for Kathryn is the lack of motivation. "In the past I would go walking a lot, but now I can't really be bothered," Kathryn said. "Sometimes I will watch TV, other times just sit quietly. My husband, Wayne, is very understanding," she added. "The smallest irritations can set you off too, whether it's stirring his morning coffee too loudly, or chewing too loudly, poor Wayne cops the brunt of it. 'I don't know how they live with it, they tolerate so much,'" Kathryn added.

Sabine is so glad she started talking about it with her colleagues. "I didn't think my mental health would be affected to this extent," she said. "The important thing is to talk to others about it and don't just struggle on your own," she added. "Menopause is real and there is help out there. But also know that women go through different symptoms and there is no one-size-fits-all solution."

The ladies all agreed that the most important thing is to know there are solutions, so be proactive, talk about it, seek medical help as needed, and take care of yourself during this transition.

"By the sound of it it's also important to have understanding family and friends, as they cop the brunt of it," Sabine said. "I'm happy to say that we've replaced the blinds and I've made an appointment with my GP at Timboon Clinic."

Learn more about menopause, the symptoms, causes, management options and where you can get help at www.jeanhailes.org.au/health-a-z/menopause or you can make an appointment with Amanda Nash, our Community Health Nurse, or one of our GP's at Timboon Clinic by calling 5558 6088.

SAY AAH..

Sharon's scare is a reminder to follow 4 easy steps that could help save your life.

When Sharon Shanahan, Community Care worker at Timboon and District Healthcare Service, turned 50 last May, she received a free Bowel Cancer test kit in the mail. As both her parents had experienced bowel cancer diagnoses previously, Sharon had been proactive in the past.

Sharon's mother, Rita Bell, had passed away with bowel cancer in 2002, aged 65. "For mum, it was too late. They gave her chemo via tablets to give her more time, but there is no quality of life when chemo makes you feel so sick," Sharon said.

Sharon's father, Brian, had a piece of bowel removed after bowel cancer was detected. "He is now 88, and doing well," Sharon said.

"Having this family background, my GP and I decided to start having colonoscopies and the results from them were normal."

So when the test kit from the National Bowel Cancer Screening Program arrived, Sharon completed it and a few weeks later she was advised by her GP that the test results had come back positive. Her GP arranged for Sharon to undergo a colonoscopy, which was done about 4 weeks after the first notification.

"During the colonoscopy they identified and removed a cancerous polyp. They advised it would be best for me to come back and have surgery to remove a section of my bowel to ensure all the cancer was removed," Sharon said. "On 7th December I had keyhole surgery, where they removed about 20% of my bowel. The great news was that the polyps within this sample were found to be benign." She has recently returned to work and feels well.

"I didn't have any symptoms, it was only because I received the test in the mail by turning 50, that I did it," Sharon said. "If I hadn't done that, I wouldn't have known, which shows how important it is to do the test," Sharon added.

Eligible Australians aged between 50 and 74 years of age will receive a free National Bowel Cancer Screening Program kit in the mail. When it's detected early, 9 out of 10 cases can be treated successfully. For more information, please visit www.health.gov.au/our-work/national-bowel-cancer-screening-program or you can make an appointment with one of our General Practitioners by contacting Timboon Clinic on 5558 6088.



CONTINUING TO WORK TOGETHER FOR A HEALTHY COMMUNITY

Our 2022 Annual General Meeting (AGM) was held on 20th February and community members were able to watch it via livestream in the comfort of their own home or attend in person at the Timboon Golf Club.

After the Welcome to Country (ngatanwarr merring) and smoking (ngootyoong) ceremonies, performed by Gunditjmara and Kirrae Whurrong songman Brett Clarke, newly appointed Chief Executive Officer (CEO) Gary Castledine reminded our wider community that our healthcare service and the community are very closely connected and that TDHS continues to build on the legacy of others.

Board Chair Frank Carlus delivered his report in which he highlighted our healthcare service's vision and purpose to continue to work together for a healthy community and keep people at the heart of our actions. He also thanked our generous community and local businesses for supporting our Annual Appeals, including contributing to the purchase of our highly anticipated bus, which was parked outside as a preview to a community launch in the near future.

Fellow Board member Anthony DeJong, Chair of our Audit Committee, took us through an overview of the financials and Chair of the Clinical Governance, Quality and Credentialing Committee Ashley Nesselcer gave a brief overview of TDHS achievements in clinical governance throughout 2021/2022. Bronwyn Rantall, Chair of the Consumer Advisory Committee, spoke about the vital role this committee plays in being an essential link between our community and the healthcare service.

Recently departed Board Director Chris Stewart was

acknowledged for being a vocal and valuable voice on the Board of Directors and its different subcommittees since 2017.

Our guest speaker John Darcy, Senior Farm Safety Advisor at Victorian Farmers Federation, spoke very passionately about farm safety as he reflected on the confronting part of his work, supporting farming families after fatalities and workplace accidents. John is part of the Making Our Farms Safer (MOFS) project, providing free resources assisting farmers to be proactive with their safe work practices and make informed decisions on a day-to-day basis. You can access this information by visiting www.vff.org.au/project/making-our-farms-safer/

You can watch a recording of our AGM on www.youtube.com/watch?v=OqnO1dkiTHQ (please note that due to unforeseen circumstances it was delayed by 28 minutes). Copies of TDHS's 2021/22 Annual Report are available from the reception area and on our website.



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

MARCH

Epilepsy Awareness Month / EndoMarch / Melanoma March

1. Audiology, Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
2. Cobden Walking Group, Exercise Physiologist, Diabetes Educator, Dietitian, Maternal Child Health, Timboon Men's shed, Timboon SSG
3. Exercise Physiologist, Timboon SSG
6. Exercise Physiologist, Physiotherapy, Timboon Walking Group
7. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Private Dentist, Public Podiatry, Social worker, Timboon Men's shed
8. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
9. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
10. Exercise Physiologist, Timboon SSG
- 13. Labour Day Public Holiday**
14. Continence Nurse, Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Occupational Therapist, Social Worker, Timboon Men's shed
15. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology, 16 Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon Men's shed, Timboon SSG
17. Exercise Physiologist, Timboon SSG
20. Exercise Physiologist, Physiotherapy, Timboon Walking Group
21. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Public Podiatry, Private Dentist, Social Worker, Timboon Men's shed
22. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
23. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon Men's shed, Timboon SSG
24. Exercise Physiologist, Timboon SSG
27. Exercise Physiologist, Physiotherapist, Timboon Walking Group
28. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Occupational Therapist, Social Worker, Timboon Men's shed
29. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
30. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon Men's Shed, Timboon SSG
31. Exercise Physiologist, Timboon SSG

APRIL

Autism Awareness / Parkinson's Awareness Month,

3. Exercise Physiologist, Physiotherapy, Timboon Walking Group
4. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Public Podiatry, Private Dentist, Social Worker, Timboon Men's Shed,
5. Audiology, Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology,
6. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
- 7. Good Friday Public Holiday**
- 10. Easter Monday Public Holiday**
11. Cobden SSG, Cobden Walking Group, Continence Nurse, Dietitian, Exercise Physiologist, Occupational Therapist, Social Worker, Timboon Men's shed
12. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
13. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
14. Exercise Physiologist, Timboon SSG
17. Exercise Physiologist, Physiotherapy, Timboon Walking Group
18. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Occupational Therapist, Public Podiatry, Private Dental, Social worker, Timboon Men's shed
19. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
20. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
21. Exercise Physiologist, Timboon SSG
24. Exercise Physiologist, Physiotherapy, Timboon Walking Group
- 25. ANZAC Day Public Holiday**
26. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
27. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
28. Exercise Physiologist, Timboon SSG

MAY

Multiple Sclerosis, Thyroid/Crohn's & Colitis Awareness Month/ Mindful in May/ Macula Month/Cystic Fibrosis Month/ Eczema Awareness Month/ Lung Health Awareness Month.

1. Exercise Physiologist, Physiotherapy, Timboon Walking Group
2. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Occupational Therapist, Public Podiatry, Private Dentist, Social Worker, Timboon Men's Shed
3. Audiology, Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
4. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
5. Exercise Physiologist, Timboon SSG
8. Exercise Physiologist, Physiotherapy, Timboon Walking Group
9. Cobden SSG, Continence Nurse, Cobden Walking Group, Dietitian, Exercise Physiologist, Social Worker, Timboon Men's Shed
10. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
11. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon Men's shed
12. Exercise Physiologist, Timboon SSG
15. Exercise Physiologist, Physiotherapy, Timboon Walking Group
16. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Occupational Therapist, Public Podiatry, Private Dentist, Social Worker, Timboon Men's Shed
17. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
18. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
19. Exercise Physiologist, Timboon SSG
22. Exercise Physiologist, Physiotherapy, Timboon Walking Group
23. Cobden SSG, Continence Nurse, Cobden Walking Group, Dietitian, Exercise Physiologist, Social Worker, Timboon Men's Shed
24. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
25. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
26. Exercise Physiologist, Timboon SSG
29. Exercise Physiologist, Physiotherapy, Timboon Walking Group
30. Cobden SSG, Continence Nurse, Cobden Walking Group, Dietitian, Exercise Physiologist, Occupational Therapist, Social Worker, Timboon Men's Shed,
31. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology

SSG = Social Support Group

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