

Quarterly

Winter 2023



There is something good in every day

SUNDAYS AND MONDAYS ARE ANNE HAIN'S FAVOURITE DAYS OF THE WEEK AS THESE ARE 2 CONSECUTIVE DAYS SHE CAN STAY HOME WITH HER FAMILY AND DOESN'T HAVE TO GO TO WARRNAMBOOL FOR DIALYSIS.

Anne started her dialysis treatment in Melbourne about 2.5 years ago during the COVID pandemic when, after various other procedures, her kidney function wasn't improving and dialysis was the only other option."

- continued page 3.



Wanted: healthcare staff PG4



Beryl's zest for life PG5



A change is possible PG7

CEO & CHAIR'S *Report*

As much as we don't want it to be, and as much as it is off the front pages, COVID is still very much with us. And as our community moves forward in a world with COVID, our healthcare service remains to be under COVID-19 restrictions as we care for the sick and vulnerable ones in our community. At TDHS, the safety and wellbeing of our consumers and broader community is always at the centre of our considerations and the decisions we make.

TDHS continues its commitment to the delivery of safe, high quality, efficient and effective care and while it's challenging, we are consolidating our strengths, resilience and ability to adapt to change and staff shortages. In the next three months we are sending, with the help of the Victorian Government, three staff to the UK to assist in efforts to recruit healthcare staff to our beautiful part of the world. As they prepare to jet off we wish them good luck and safe travels.

We welcomed our new Director of Clinical Services, Larissa Barclay, who worked at South West Healthcare, and our Finance Officer, Andrew Maskell, has moved into the Interim Director of Corporate Services role. Both Larissa and Andrew have brought new ideas and energy to their roles and we look forward to them being important parts of the TDHS Team.

The ongoing support of our community and local businesses for our Annual Appeals during these challenging times continues to amaze us. Due to your

generous contributions we launched our community bus, aptly named 'Joy' by Timboon P-12 student Finnis Wood, earlier this year and we are in the process of acquiring some long awaited training equipment.

Winter is on our doorstep and comes with its own health challenges, including outbreaks of colds and flu and COVID-19 and the winter blues. We continue to encourage our community to use the tools available (i.e. vaccination, ventilation, mask wearing, RAT tests, isolation and medication) to care for not only themselves, but also the elderly and vulnerable members within our community.

Our beautiful part of the world is the perfect gateway to beat the winter blues. While some might brave the cold by touching the blue to beat the blues, others can enjoy our beautiful walking tracks to keep active and enjoy the outside. Practising other healthy habits like eating healthily and getting a good night sleep can help you and your family avoid the winter blues and the health problems that can go along with it. And if you need any assistance or advice, we are here to help. Together we continue to work for a healthy community.

Board Chair
Frank Carlus

Chief Executive Officer
Gary Castledine



New additions TO OUR EXECUTIVE TEAM

Larissa Barclay recently joined our TDHS team as the new Director of Clinical Services. Growing up on a dairy farm on the Murray River, Larissa traded the river for the ocean, moving to Warrnambool in 2004 for university.

She has over 17 years' experience in healthcare, working in metropolitan and most recently spending 6 years at Southwest Healthcare in Warrnambool. With 10 years' experience in senior nursing and midwifery leadership, Larissa has undertaken various roles across the healthcare continuum. Medical and palliative care, surgical, emergency, community health, with a significant portion in maternity services.

Larissa holds a bachelor of nursing, postgraduate diploma of midwifery and a masters of midwifery (leadership & research).

When not at work, Larissa enjoys keeping active and spending time with her husband Scott and their four children, Luca, Ollie, Harry and Lacey.

With the departure of Ashley Roberts, our Finance Officer, Andrew Maskell, has moved into the Interim Director of Corporate Services role.

Born and raised in Timboon, he worked at the local IGA for 7 years while completing his university studies and in 2016

joined the TDHS Finance Team. At TDHS he has continued to develop his skills, while completing his Bachelor degree in Commerce and CPA (Certified Practising Accountant).

Andrew loves working at TDHS where he is surrounded and supported by a friendly team and strong and respectful work culture.

In 2021 Andrew married Amber and settled in Warrnambool. They enjoy going away on weekends when their busy working schedule allows.



Larissa and family



Andrew and Amber

"EVERY DAY MAY NOT BE GOOD,

but there is something good in every day"



Living in NSW, the plan was for her to come down for a little while to help out her daughter Bronwyn with the arrival of Georgie, Anne's second granddaughter. This was about 8 years ago and she never left. While staying with her family, Anne started to feel generally unwell, knowing something wasn't right. She went to see a doctor and after lots of tests and scans, was diagnosed with end-stage kidney disease.

The kidneys act as filters for our body. They remove waste from the blood and get rid of it via our urine. If kidneys are not working properly, waste can build up in our blood. With end-stage kidney disease, the kidney function declines so much that toxins start building up to high levels and fluid balance becomes a problem, resulting in fluid overload.

"I actually knew my kidneys weren't functioning well for many years," Anne said. "When I was diagnosed with Type 2 Diabetes 20 years ago, I was told my kidneys were compromised. I should have taken more notice back then, but being in my 50s and feeling healthy, I didn't understand what it could lead to and thought it would all be fine."

Anne's dialysis is a haemodialysis treatment, which involves taking blood from the body and pumping it through a dialysis machine for cleaning. To get Anne's blood into the dialyzer, the doctors created a fistula by joining an artery and vein in her arm. The dialysis

happens 3 days a week, which for Anne is on Tuesdays, Thursdays, and Saturdays, with each treatment lasting for about 5-6 hours.

"It's an inconvenience, but a blessing at the same time, as it keeps me alive," Anne said.

"Unfortunately, bad circulation and big blood pressure drops mean my dialysis can only be done at a renal unit," Anne said. "And every 3 months I have to go to Melbourne for fistula management and surgery on other complications caused by Type 2 diabetes." Almost all of Anne's toes have been amputated, which means she has to use a walking aid and on longer distances a wheelchair.

Her vital dialysis treatment means travelling around Australia or moving back to her house in NSW are not an option now, but living in her own unit on her daughter and son in law's farm being surrounded by her own family, brings Anne happiness and she is grateful for the support from her family. "I'm so lucky that I don't have to go through it all alone and their support is so important," Anne said.

Anne's daughter Bronwyn drives her to and from dialysis, but between the farm, raising 3 kids and running another family business, Bronwyn needs a break, so Anne uses Community Transport organised by Timboon and District Healthcare Service on a weekly basis. Volunteer driver John Fox picks Anne up most of the time and the two of them have formed a close bond. John awaits an excited welcome by Anne's three-year-old grandson every time he picks up Anne: "Hi John. Are you here to pick up my Emi?"

"The drives with John provide some social interaction outside the family as well, as due to COVID and being immunocompromised, I haven't been able to go shopping or have many social outings," Anne said. "I am a frustrated DIY person and would love to go to Bunnings to get some supplies to get projects done that I've got planned in my head."

Besides her limitations, Anne is optimistic, cheery, and positive. "I try to be happy and enjoy every day.

Thankfully I'm not in pain very often and you've just got to do, what you've got to do," Anne said. "What I do want to tell others is to please take care of their health, because as my dad used to say, if you haven't got your health, you haven't got anything."



National Diabetes Week is from 9 – 15 July and a timely reminder to get in touch with your health and get checked for diabetes. To make an appointment, please contact our Timboon Clinic on 5558 6088 or our Diabetes Educator on 5558 6000 or for more information please visit <https://www.diabetesaustralia.com.au/>



Timboon and District Healthcare Service's Community Transport services plays a vital role in getting sick and vulnerable community members to their medical appointments around our district. To check if you're eligible, please contact our Regional Assessment Officer on 5558 6000.

This service relies on volunteer drivers and if you feel like you can spare some time to join our volunteer team, please contact our Community Engagement Officer on 5558 6000.

WANTED

HEALTHCARE STAFF MAKING A BIG DIFFERENCE IN SMALL COMMUNITIES

Most Australians know that we're experiencing a healthcare skills shortage. Healthcare workers have been in high demand for many years, but COVID-19 has bumped demand up to a new, unprecedented level. Compounding the problem, the far-reaching impacts of the pandemic have suppressed supply.

Timboon and District Healthcare Service (TDHS) continues its commitment to the delivery of safe, high quality, efficient and effective care and while it's challenging, we are consolidating our strengths, resilience, and ability to adapt to change and staff shortages. In the next three months we are sending, with the help of a Victorian Government's initiative called "International Recruitment Program", three staff to the UK to attend different Job Fairs for Health and Social Care Professionals assisting in efforts to recruit healthcare staff.

TDHS Community Health Nurse
Amanda Nash, Diabetes Educator

Cheryl Poole, and Social Worker Hayley Weel, will be spruiking working in our Victorian healthcare industry in this wonderful part of the world and with their combined healthcare experience and age range, will provide a different perspective.

Amanda will be attending the Job Fair in Bristol on June 10th. "Having lived, worked and played here for over 40 years, I know how much this part of the world has to offer and I am very grateful for this opportunity to represent TDHS." Amanda said. "Working in a rural setting provides a varied scope of practice and no day is the same."

The London Job Fair will be attended by Hayley in September, who is keen to share her enthusiasm for working in small rural communities with the younger Job Fair attendees. "Working here requires a holistic community view and approach, which means you continue being challenged and learn from the team environment you work in." Hayley said.

For Cheryl, who will be going to the November Job Fair in Birmingham, it feels like coming full circle. "I was only born in Australia because my mum was working for an Australian dentist in London and his enthusiasm about this wonderful country, resulted in my mum convincing her entire family to migrate to Australia." Cheryl said. "My family has gone on to produce nurses, scientists and a soon to be podiatrist! How great is it that I can go back to the UK to do some more spruiking for the Victorian healthcare industry and hopefully TDHS."

Please keep an eye on our social media as we follow them on their travels.



A problem shared IS A PROBLEM HALVED

Timboon and District Healthcare Service's (TDHS) catchment is home to a wide range of employment, a large part being tourism and the agricultural industry.

At the heart of every small business or farming operation are the people - individuals, partners, families, and generations.

Working on a farm or having a small business is hard work and it can be challenging to find the time to look after yourself. It can be hard to plan and make decisions when life has any number of distractions and disruptions.

Timboon and District Healthcare Service is part of a group of local healthcare services and organisations working with Rural Financial Counselling Service (RFCS) Victoria West to provide help for farmers and regional small business in Western Victoria.

RFCS Victoria West are the western local provider of the Rural Financial Counselling Program and the Regional Small Business Support Program. Their Wellbeing Program provides additional support for farmers and regional small business owners navigating the challenges of operating through times of financial or personal uncertainty, stress or change.

RFCS can offer you confidential, independent and free wellbeing support. Their Wellbeing Counsellors, including Corangamite Shire's Councillor Jo Beard, are there to work alongside you through a range of life's challenges.

You can start by completing the quick wellbeing check below and you can engage this service by contacting them on 1300 735 578. A problem shared is a problem halved.

QUICK WELLBEING CHECK

I feel like:	Sometimes	Always	Never
I just can't be bothered			
I'm losing it over little things			
There is never any good news			
I don't want to answer my phone or check email			
I go to bed deflated because I've got nothing done			
The last thing I want to do is mix with other people			
If I get asked, I say 'it is what it is'			
I just can't see a way out			

Never more than 5 times
Managing your wellbeing is a priority for you. Keep up the great work.

Sometimes more than 5 times
You are on the right track with maintaining a positive wellbeing balance. Keep reminding yourself how important it is and always reach out if ever you feel you need support.

Always more than 5 times:
Reality check - you need to reach out for support now! We are here to help YOU. NO judgment, just care and support to help get your wellbeing balance back and 'flip it'.
Please call your local RFCS Wellbeing outreach team on 1300 735 578.



Beryl's zest **FOR LIFE**

At 94, Beryl's agility is very impressive and her life motto "Keep moving and volunteer" might have a lot to do with that.

Born in a small hospital under Flemington Bridge in Melbourne, Beryl grew up with 2 siblings, a brother, and a much younger sister. With 12 years difference, Beryl was often charged with babysitting her younger sister, which was quite an inconvenience for a 16-year-old with a zest for life discovering the interesting world of dating, dancing the Jitterbug and American soldiers.

"The American soldiers were known for having silk stockings and chocolate, items that were very scarce during the war, making them even more popular with Australian women," Beryl said. "This often caused some tension between the American and Aussie soldiers, and I remember hearing the whistles, often indicating the start of a fight, which was pretty exciting." Beryl loved dancing and often would use the excuse of going to the local scout hall, to go with her girlfriend into the city to bust a move.

Her love for chocolate and men in uniform meant she married an Airforce soldier, Peter, at the age of 21. "He used to say to others, that he won me over with chocolate coated almonds," Beryl said lovingly.

Beryl also loved working at Melbourne's Georges, where she started working at age 15. Georges was a busy department store in Collins Street providing exclusive goods and meticulous service. It catered to a more well-heeled clientele, though anyone was welcome, and innovated with extra features such as stylish, minimalist window displays and regular fashion parades showing the latest styles.

"Only the wealthy shopped there," Beryl said, "If you worked there, you could get a job anywhere." Beryl worked in the model room, taking tailoring measurements, and she even remembers serving a Governor's wife named Lady Dugan.

In those days married women didn't work, so, at 21, Beryl settled to become a housewife and raising their two sons at Moonee Ponds, an inner-city suburb in Melbourne, which kept her busy enough.

Beryl always loved the country and very excitingly made the treechange with

her husband to Port Campbell, over 40 years ago, following their son Ray who settled on a dairy farm in Coorimungle after marrying a local girl from Scotts Creek.

Volunteering at the local Lions Club was a great opportunity for Beryl and Peter to get to know the community. The act of giving and kindness runs through Beryl's veins as her father cut other people's lawn and her mum sewed clothes for charities. "I love helping others," Beryl said. "Volunteering gives you a purpose in life and keeps you going."

Volunteering continues to keep Beryl active, and she looks forward to her shifts at TOPS (Timboon opshop) and helping at the local church. When she isn't volunteering, she goes on her daily walks, does some gardening, plays bowls and up until 6 years ago she would go for a swim in Port Campbell Bay. "I find it difficult to sit still and do nothing," Beryl said.

When she does finally sit still, she loves to read romance novels, sew or do wordsearch puzzles.

Beryl also loves attending the Social Support Group days at Timboon and District Healthcare Service. "My family has moved away from the area, and this gives me an opportunity to socialize and have a nice meal with other community members," Beryl said. "I'm so excited to finally have our own bus and I love our regular outings."

Prior to the discovery of an enlarged thyroid gland (Goitre) two years ago, Beryl had no health issues. "I started to suddenly lose weight and decided to go and see my doctor at the Timboon



Clinic."

Beryl said. She is now on medication to manage it, and she continues to stay as active as possible.

"I like to take an interest in something new every day and keep moving. It's no good sitting still," Beryl said as she jumped out of her chair like a 20-year-old onto her next mission.

Maybe someone can bottle Beryl's zest for life as we can all use some of it sometimes.

The thyroid gland is a vital hormone gland: It plays a major role in the metabolism, growth and development of the human body. It helps to regulate many body functions by constantly releasing a steady amount of thyroid hormones into the bloodstream. If the body needs more energy in certain situations – for instance, if it is growing or cold, or during pregnancy – the thyroid gland produces more hormones.

Statistics show that well over 1 million Australians are living with an undiagnosed thyroid disorder.

For more information you can visit <https://www.thyroidfoundation.org.au/> or you can contact our Timboon Clinic on 5558 6088 to make an appointment with one of our GPs.



COVID IS STILL VERY MUCH WITH US

Timboon and District Healthcare Service's (TDHS) Community Engagement Officer, Sabine McKenzie, realises that, as much as we don't want it to be, and as much as it is off the front pages, COVID is still very much with us.

"I'm one of the lucky ones that haven't had COVID-19 yet and I continue to be very vigilant as I don't want to get it myself, but definitely don't want to give it to others." Sabine said. "Working in a healthcare service I feel it is my duty of care to keep up to date with my vaccinations and use all the tools given to me to protect the sick and vulnerable in our care, and in our community."

As TDHS is still under strict COVID-19 restrictions, staff have to RAT test every working day, wear N-95 masks and keep up to date with vaccinations (COVID-19 and Influenza). Sabine got her 2023 Booster, which is her fifth COVID vaccination, a couple of weeks ago. "I will be going to Holland later this year to visit my mum, who will be turning 90, and I couldn't forgive myself if I were to give her COVID." Sabine said. "Being COVID safe is a small, easy and unselfish thing I can do to keep her safe."

Steps to protect yourself and others

With Winter on our doorstep and COVID-19 on the rise in our community, protecting yourself from getting infected is the best way to protect yourself and the community. If you don't get COVID, you can't spread COVID.

These six steps can help you stay ahead of COVID:

1. Wear a mask: a high-quality and well-fitted mask can protect you and others from the virus.
2. Get your 2023 booster: new bivalent vaccines targeting Omicron variants are available at Medical Clinics or Pharmacies. To find out if you're eligible for your next booster, visit the Coronavirus website. Flu vaccines are also now available.
3. Let fresh air in: open windows and doors when you can – it reduces the spread of the virus.

4. Get tested: if you have symptoms, take a rapid antigen test.
5. Stay at home: if you have COVID, you should stay at home for at least five days and until you have no symptoms.
6. Talk to your doctor: if you are at risk of falling very sick, you may be eligible for COVID medicines – and early testing and diagnosis are important. With expanded criteria, more people are now eligible for COVID medicines.

2023 boosters

Eligible Victorians who have not had a COVID vaccination or confirmed infection in the past six months can now receive their 2023 booster. This is irrespective of how many prior doses a person has received. Vaccination continues to provide the best protection against becoming severely unwell or dying from COVID.

For those not infected or vaccinated in the past six months, a 2023 booster is recommended for:

- All adults aged 65 years and over
- Adults 18-64 years who have medical comorbidities or disability with significant or complex health needs.

For those not infected or vaccinated in the past six months, a 2023 booster should be considered for:

- Adults 18-64 with no risk factors for severe COVID
- Children and adolescents aged 5-17 who have medical comorbidities or disability with significant or complex health needs.

Please contact our Timboon Clinic on 5558 6088 to book an appointment.

RAT tests

Testing, especially with any compatible COVID symptoms, is critical to help with early detection and to protect others.



TDHS encourages our consumers to do a RAT test prior to attending our healthcare service as some people might not show any symptoms. It also allows for appropriate care and timely treatment.

Community members can collect packets of RATs at our front desk (up to two packets for themselves plus up to two packets for each household member per visit, while people with a disability or their carer can collect up to four packets of tests).

If you have symptoms, please contact our Reception on 5558 6000 to arrange a safe way of getting the RATs to you.

Antivirals and other medicines

Oral antiviral medications remain highly effective against all currently circulating COVID-19 sub variants to reduce severe disease and prevent death.

Early testing for COVID and diagnosis are essential to access COVID medicines. For most COVID medicine to work best, you must take it within five days of getting sick – the earlier the better.

Information on eligibility can be found at the Coronavirus website.

Advice for cases and contacts

Helpful information is available online for cases and household, social, workplace, education, and other contacts.

For more information call the 24-hour Coronavirus Hotline at 1800 675 398 or visit Coronavirus (COVID-19) Victoria.



SAY AAH.. HOPE AND CHANGE FOR ALCOHOL AND OTHER DRUG ADDICTION.

If you're going through a tough time, it can be tempting to use drugs and alcohol as a coping strategy. However, these are addictive substances that can cause symptoms of depression and/or anxiety or make an existing problem worse, while making recovery much harder. Some people with depression and/or anxiety can also develop problems with drugs and alcohol, which may also need treatment.

Changing drug and alcohol habits can take time, but with support and perseverance individuals will notice positive changes in their mental and physical wellbeing.

Julie Wallis, who has worked as a clinician with WRAD (Western Regional Drug & Alcohol Centre) HEALTH for over 5 years now, has seen turnarounds happen. "Even a small change is a step forward." Julie said.

After receiving additional funding, WRAD HEALTH is now visiting our Timboon Clinic and in the short time Julie has been working in Timboon, it has been busy and the initial half a day a fortnight visit on Thursdays has been increased to a day every week.

"Asking for help and making a change can be scary, but we work in partnership with the individual, their family and GPs, nurses, and other health professionals to meet the needs for which assistance is sought. It is a holistic approach." Julie said.

WRAD HEALTH is a community-based alcohol and drug service that has delivered treatment and care to our community for more than 30 years. It recognises an individual's strengths and skills and is here to assist in making change through developing skills to effectively deal with stress, problem solving and coping with difficult emotional states such as anger, anxiety and depression.

This service includes youth and adult assessment and counselling delivered

by skilled Alcohol and Other Drug (AOD) clinicians in Warrnambool and at six outreach locations. WRAD HEALTH is based at either Medical Clinics or Community Health Centres in Timboon, Port Fairy, Mortlake, Terang, Camperdown and Cobden as well as the main office in Warrnambool

Assessment is the process for identifying needs and treatment goals. WRAD HEALTH seek to look at the whole person and encourage support services or family to be part of the process. The aim is to be able to deliver an evidenced based approach to meet the needs for which you are seeking assistance.

Talking to Julie you can see she loves her job. She creates a space of care, calmness and kindness and her passion for her profession shines through. "I started with a degree in Medical Science, aiming to work in cancer research, but felt the need to work with people directly instead of working in a laboratory." Julie said. "It is so rewarding to work with individuals and/or families to help them see the impact their choices make, help them see there is another way and make that change."

Further study has given Julie the skills to provide the counselling and support needed, ranging from interpersonal and therapy skills to dealing with housing, employment, and legal issues.

"We first do a comprehensive assessment to establish what happened and why and then work with the person's strengths and skills to address areas for improvement in stress management, emotional regulation and recovery including counselling for families and significant others. The different styles of therapy range from Cognitive Behaviour Therapy, Mindfulness, Motivational Interviewing, Family Counselling to Compassion Therapy." Julie said.

The service is free, confidential, safe and only a phone call away (no GP referral is required). "If you're not sure, I am always happy to have a chat. This could be about reducing your alcohol or other drug use, concerns about a family member or loved one, or the options to quit smoking." Julie said. "A change is possible."

Julie Wallis can be contacted on 03 5564 5777 or 0439 654 459 or you can contact the Timboon Clinic on 5558 6088.

24/7 Mental Health Services

Beyond Blue Anyone feeling anxious or depressed beyondblue.org.au 1300 22 4636	Kids Helpline Counselling for young people aged 5 to 25 kidshelpline.com.au 1800 55 1800
MensLine Australia Men with emotional or relationship concerns mensline.org.au 1300 78 99 78	Open Arms Veterans and families counselling openarms.gov.au 1800 011 046
Lifeline Anyone having a personal crisis lifeline.org.au 13 11 14	Suicide Call Back Service Anyone thinking about suicide suicidecallbackservice.org.au 1300 659 467
Is it an emergency? If you or someone you know is at immediate risk of harm, call triple zero (000)	

healthdirect



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

JUNE

**June – Bowel Cancer Awareness Month,
National Burns Awareness Month,
Men's Health Week 12-18,
World Continence Week 19-25**

1. Cobden Walking Group, Exercise Physiologist, Diabetes Educator, Dietitian, Maternal Child Health, Timboon Men's shed, Timboon SSG
2. Exercise Physiologist, Timboon SSG
5. Exercise Physiologist, Physiotherapy, Timboon Walking Group
6. Cobden SSG, Cobden Walking Group Dietitian, Exercise Physiologist, Social worker, Timboon Men's shed
7. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
8. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
9. Exercise Physiologist, Timboon SSG
- 12. King's Birthday Public Holiday**
13. Continence Nurse, Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Occupational Therapist, Private Dental, Social Worker, Timboon Men's shed
14. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
15. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon Men's shed, Timboon SSG
16. Exercise Physiologist, Timboon SSG
19. Exercise Physiologist, Physiotherapy, Timboon Walking Group
20. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Social Worker, Timboon Men's shed
21. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
22. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon Men's shed, Timboon SSG
23. Exercise Physiologist, Timboon SSG
26. Exercise Physiologist, Physiotherapist, Timboon Walking Group
27. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Occupational Therapist, Private Dental, Social Worker, Timboon Men's shed,
28. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology
29. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon Men's Shed, Timboon SSG
30. Exercise Physiologist, Timboon SSG.

JULY

**July – Dry(ish) July (cancer fundraiser),
National Diabetes Week 9 – 15,
NAIDOC Week 2-9,
National Farm Safety Week 16-23**

3. Exercise Physiologist, Physiotherapy, Timboon Walking Group
4. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, 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. Exercise Physiologist, Timboon SSG
10. Exercise Physiologist, Physiotherapy, Timboon Walking Group
11. Cobden SSG, Cobden Walking Group, Continence Nurse, Private Dental, 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, 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. Cobden SSG, Cobden Walking Group, Continence Nurse, Private Dental, Dietitian, Exercise Physiologist, Occupational Therapist, Social Worker, Timboon Men's shed
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
31. Exercise Physiologist, Physiotherapy, Timboon Walking Group.

AUGUST

**August – National Tradies Health Month,
Dental Health Week 7-13,
National Stroke Week 7-13,
Speech Pathology Week 20-26**

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

SSG = Social Support Group

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