

The Long Goodbye

- A FAMILY'S JOURNEY WITH DEMENTIA

Glenda Trotter's eulogy was a tribute to the beautiful and loved mother, wife, daughter, sister, grandmother, aunt, and friend she was before dementia brutally shut the door to memories that couldn't be unlocked for the last ten years of her life. - **continued page 4.**



Men's Shed PG7



Timboon Cruisers PG3



Thunderstorm asthma PG6

CEO & CHAIR'S Report

Spring is here and now is the perfect time to take stock of your health, emotionally and physically, so you are ready to embrace the season.

Regular health checks can identify any early signs of health issues and finding problems early means that chances for effective treatment are increased. Many factors, such as age, health, family history and lifestyle choices, impact on how often we need check-ups.

Science tells us that gratitude can bring a better sense of happiness, well-being and help strengthen our social relationships. We would like to express our deepest gratitude to our community, who time and time again, show their support for our healthcare service by making either a general or an Annual Appeal donation. Your generosity enables us to continue to deliver optimal consumer centred care and work together for a healthy community.

We are in the process of finalising our Strategic Plan, which focuses on partnering 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 assist you in accessing the services you need.

Time to bloom and put a step in your spring!

Board Chair
Frank Carlus

Chief Executive Officer
Gary Castledine



New additions TO OUR ALLIED HEALTH TEAM

TDHS is very excited to welcome two more Allied Health staff members to the team.

James Czencz

Physiotherapist James Czencz has joined TDHS and will assist our existing Exercise Physiology team members James, Sarah, Tracey, and Ryan one day a week. The team helps consumers affected by injury, illness or disability through movement and exercise, manual therapy, education, and advice.



"I was working as an office manager in my 20's and living an active life, but it was after undergoing my health journey which included getting fit and recovering from an injury that I fell in love with Physio and Health Science in general," James said. He commenced studying Exercise and Sport Science and after volunteering at a retirement home doing 'Falls and Balance' classes, he decided to study Physiotherapy. He is passionate about education and is hoping to finish his Doctor of Philosophy (PhD) at the end of next year, in which he is exploring ways of improving quality of life and health outcomes for adults with Cerebral Palsy".

"I love working at a rural healthcare service as it provides variety and the opportunity to work with people in different areas, i.e. ward, clinic and community," James said. "I am so impressed with the well-equipped gym and the great variety of exercise programs offered at TDHS."

Hiking and scuba diving are some of his hobbies. James also joined the Port Campbell Surf Life Saving Club (PCSLSC) and enjoyed getting to know community members while volunteering. "I'm currently helping to organise a beach day for World Disability Day on 3rd December and am working with TDHS Community Engagement Officer Sabine McKenzie to see how we can combine forces for this important cause," he said.

Tarnya Roberts

Our new Occupational Therapist, Tarnya Roberts, moved to Glenfyne 10 years ago. She attended high school in Cobden and knew she was interested in health, but not sure which direction to go.



"I'm not good with blood and needles, so an Allied Health profession made more sense and seeing that my parents had difficulty in getting an Occupational Therapist (OT) to help with my younger brother, who has Aspergers, made me decide to start studying OT at Deakin University in Geelong," Tarnya said.

Her passion for OT grew while studying, helped by interesting placements, after which she knew she made the right choice. After moving with her husband Daniel to Warrnambool in 2020 during COVID, she graduated in 2021.

"I've been working in the National Disability Insurance Scheme (NDIS) space for 2 years now, mainly in the paediatrics area, but have always been keen to continue to explore different areas in OT," Tarnya said. One of Tarnya's placements was in Horsham and she loved the small town feel and the different demographics within it. "When I saw that TDHS wanted a part-time OT, I grabbed it with two hands, as I knew it would give me the perfect opportunity to experience the variety I was after," she said.

Her hobbies are waterskiing, getting together with family and friends and playing with her 2-year-old kelpie/german shepherd cross, Lola.

New training equipment

FOR TDHS PEDAL-POWERED BY TIMBOON CRUISERS

Earlier this year Timboon Cruisers geared up again for another Murray to Moyne (M2M) adventure to raise important funds for Timboon and District Healthcare Service (TDHS).

The cycling fraternity has pulled together a Timboon Cruisers team to raise funds for TDHS for 26 years. Team member John Jardine, who has pushed the peddles in eight M2M relays, shares his experience of boldly cruising the 520 km relay event:

"On a mild and slightly windy day on the first Saturday in April, fourteen intrepid riders from the Timboon Cruisers set off at 9am for a ride from Swan Hill to Port Fairy.

The Murray to Moyne is a charity bike ride in which participants, in teams, ride in a relay form from the Murray River to the Moyne River (Port Fairy). There are 3 start locations, Mildura, Swan Hill, and Echuca. The event raises money for health groups and charities and Timboon Cruisers raise money for TDHS.

We were aided along by our 2 support drivers Colin and Kevin. The weather was cool with a moderate crosswind until Horsham when night fell and the wind dropped. We arrived at Hamilton just after midnight for a quick 7 hr nap before getting back on the bike at 7am. Now some may have noticed this time is impossible. Luckily for us daylight saving changes meant we got an extra hour.

The ride to Port Fairy was fast joining up sometimes with other groups on the

road. A quick pause in Macarthur for an egg and bacon roll, put on by the local Lions Club, and on to Port Fairy. We arrived at about 10am, relieved to get off the bike.

All in all, a successful weekend. Our main fundraising for this year was a 'sock drive' and a mail out.

If anyone wishes to join the team, they are more than welcome to see if it is something they might want to do. It is still a challenging event, riding 25 km, then having 50km off the bike and then back on. The numbers of teams are dwindling since COVID, so if it is something you might be interested in doing, I would encourage you to contact us or another team.

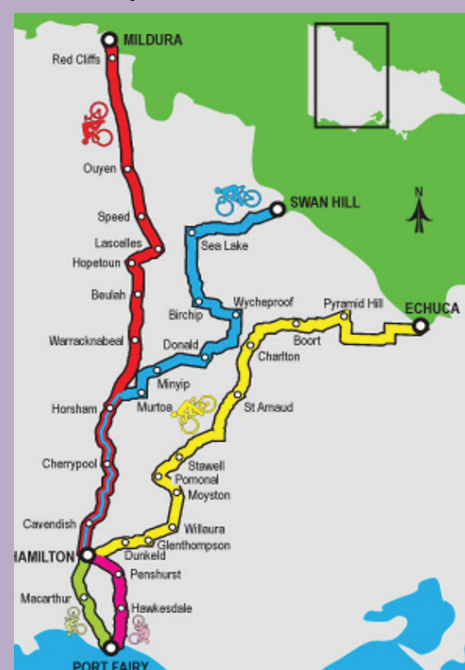
It is a fun event to do. I am silly enough to have done eight M2M's, and most participants who do it, do it again in future years. Get training and I may see you next year!"

TDHS Community Engagement Officer Sabine McKenzie said TDHS is immensely grateful for Timboon Cruisers' dedication and commitment over all these years raising thousands of dollars for the healthcare service. "John makes it sound very easy, but to keep peddling over such a long distance shows the amazing commitment the riders have to cycling and helping the community at the same time," she said. "The lights of Hamilton on Saturday night after a big cycling day would be a sight for sore legs."

Thanks to fundraisers like this, TDHS is able to purchase/upgrade items that

are on their wish list as they aren't in the capital expenditure budget. "This year TDHS was able to buy a Little Family QCPR (Quality Cardiopulmonary Resuscitation set), a convenient package of age-specific CPR training manikins (Little Anne, Little Junior and Little Baby) all with feedback technology to help improve CPR training quality.

"TDHS thanks all the riders, support crew, sponsors, and other contributors for raising funds for the healthcare service over all these years," Sabine said. "We are very grateful that our community is closely connected and engaged with our healthcare service as we all work together for a healthy community."



WORKING TOGETHER FOR HEALTH AND WELLBEING

With the help of our generous community, we welcomed some very important additions to our TDHS family: two resuscitation dolls named Anne, a Chest called Chester and an entire little CPR family.

Anne is a manikin which simulates the human body; she is sophisticated and allow us to train our staff in basic assessment skills as well as advanced clinical techniques like airway management.

Chester is a lifelike chest model, designed as a realistic imitation for training in the insertion, care and

removal of long-term access lines to veins/channels required commonly used with dialysis and chemotherapy.

Our new little CPR family consists of a lifelike adult, child and infant manikin in a portable kit, donated by Timboon Cruisers.

These additions of upgraded and more advanced training equipment means we can continue to keep our staff skilled and up to date with the latest in critical care for our consumers.

With the continuing cost of living pressures for our community we have decided to postpone our Annual

Appeal campaign towards the end of the year, but if you are in a position and would like to donate to our healthcare service, you can do so by visiting www.timboonhealthcare.com.au/donate/ or scan the QR code below.

TDHS is extremely grateful for the ongoing support for our healthcare service. Your generosity enables us to continue to deliver optimal consumer centred care.





The long goodbye

- A FAMILY'S JOURNEY WITH DEMENTIA

Glenda Trotter's eulogy was a tribute to the beautiful and loved mother, wife, daughter, sister, grandmother, aunt, and friend she was before dementia brutally shut the door to memories that couldn't be unlocked for the last ten years of her life.

"The disease has finally died and given us back our wife and mother. The door to our memories of her have opened and flooded us with the truth of who she was. Memories that are beautiful and painful but have given us hope. We can now remember her."

****(Glenda Trotter Eulogy – read by her children Kylie Owen, Simon Trotter, Melissa McKenzie and Leah Champion.)***

Dementia touches the lives of millions in Australia every day. Despite this, it's also one of the most misunderstood and challenging conditions.

Dementia is a catch-all term for a large group of cognitive illnesses and conditions. You can have one or more types of dementia.

Often, we hear people using the terms Alzheimer's and dementia interchangeably. However, they are not the same. Dementia is an umbrella term used to describe a group of symptoms, and Alzheimer's is one of the many subtypes of dementia. In fact, there are over 400 types of dementia!

Since dementia is not as common in working-age people, it can often go unnoticed.

This was the case with Glenda, who was diagnosed with younger onset

Alzheimer's in 2010 at 59 years of age. Younger onset Alzheimer's, also known as early onset Alzheimer's, is any form of dementia in people under the age of 65. Although dementia is much less common in people under 65, it can be diagnosed in people in their fifties, forties and even thirties. As of 2019, approximately 27,247 Australians were living with younger onset dementia.

About two years before Glenda's diagnoses the family started to see some changes in Glenda, but couldn't put their finger on it. "Mum would do the administration and work at the front of the shop, Timboon Plumbing, and was always a savvy businesswoman," Simon said. "Suddenly she started telling me over and over again to do a plumbing job that I kept telling her had been done."

Kylie remembers blank looks and Glenda trying to control her space. "It was like she was aware that there were gaps, but if you would question something, she would get defensive and want to cover it up," she said.

Glenda started to lose track of the date and time of year and sometimes where she was and how she got there. "One day mum and I visited our regular shopping centre and she didn't return after going to the toilets," Melissa remembers. "It took me a long time to finally find her in a completely different area of the shopping centre and she didn't know how she got there. It was very scary."

Glenda knew something was wrong and went to her General Practitioner, but as she had been suffering with long-time menopause symptoms, was

taking certain medication from other health issues and an initial Alzheimer test came back clear, it was thought the difficulties must be related to the other health issues. As Glenda attended the appointments by herself, the family wasn't sure what she would remember about the appointments and if she relayed the correct information.

In 2007 Glenda and husband Steve went on an overseas trip. "Normally mum would come back with all these stories to tell, but this time there was nothing," Kylie said. This, and Glenda starting to forget kinder concerts and showing changes in mood and personality, made the family really search for some definitive answers of what was happening with their beloved mother. "I was able to book mum in to attend a specialised clinic in Melbourne," Leah said. "They diagnosed her with early onset Alzheimer's and we were told that, realistically mum had 7-8 years. We were naturally devastated and the next couple of years were the worst!"

They all agree that was when the grieving started; day in day out; over and over. "That was really when we lost mum, even though she was still with us," Melissa said. "We got different versions of her, but she was no longer the mum we knew."

Kylie describes it as a blind blocking out the sun. "With some forms of dementia, memories still come flooding through, like the sun through a sheer curtain, but with mum it was like a block out blind. Nothing was coming through."

"The blind would continue to go down,"

Simon said. "Sometimes it might stop or even go up a little bit, which would give us hope, but then it would go down even further."

Glenda started to get very needy and dependent on husband Steve. He worked at the shop and at the same time became Glenda's carer. Kylie, Simon, Melissa, and Leah wanted to take the weight off their dad and help, but as the disease progressed it made their mum very suspicious about family and caregivers, including TDHS District Nurses and Community Care Workers who were her friends. Steve was the only one Glenda totally trusted.

"There was not much information out there and Dad set up google alerts on his phone for constant up to date treatment options and advice," Simon said. "That is why, the Caring Role Sessions that are going to be held at TDHS in October, are a fantastic opportunity to get some more information and support. Looking back, some extra information for us would have been really helpful."

Living in a small community meant there was plenty of support for the family as they went through the different stages of Glenda's disease. "Mum and Dad had been members of the Lions Club for a very long time, and the Club was very happy for Dad to still come with mum," Melissa said. "It gave Dad some normality and a safe space where there was no judgement."

Respite at TDHS and attending their Planned Activity Group (now Social Support Group) also provided support for both Glenda and Steve. "Dad received a lot of support from the community. We needed privacy and confidentiality, but also understanding and empathy and that's what we got," Simon said. "The healthcare service offered many hours of support in a safe, caring and loving environment."

All four kids have an immense appreciation for their dad Steve, who demonstrated an incredible loyalty that comes from the deepest commitment and the amazing love their mum and dad had for each other after being married for 49 years (Glenda passed away 2 days after their wedding anniversary). This sentence from their eulogy says it all: "If you can judge the quality of a man by the way he cares for his wife, then by this standard, Dad, you are solid gold!"

"Mum always used to keep track of the family birthdays, write the cards and get the presents, and when she no longer could do that, Dad took over like a pro," Leah said. "That couldn't have

**Dementia Australia**

Dementia and Your Caring Role

Series of 4 Sessions

Timboon, VIC
First Day - 4 October 2023

This program provides an understanding of dementia and how to care for someone living with dementia.

It includes strategies and resources for:

- communicating effectively
- meaningful activities
- understanding changes in behaviour
- making your home dementia-friendly
- the impact of caring for someone with dementia.

Suitable for: Family carers and family members of people living with dementia. This program is not suitable for professionals employed in the health or aged care sectors.

When: October 4, 11, 18 and 25
11am - 1pm

Where: Timboon and District Healthcare Service
Health Education Centre
21 Hospital Road Timboon

Cost: Free

Additional information:
Bookings are essential. Please contact Dementia Australia on 1300 526 576 or email: Vic.Booking@Dementia.org.au to book a place. Lunch is catered, let us know any dietary requirements.

Find out more
Please contact Dementia Australia on 1300 526 576 or email: Vic.Booking@Dementia.org.au to book a place

This program and the National Dementia Helpline are funded by the Australian Government.

National Dementia Helpline **1800 100 500**
Find us online dementia.org.au

 For language assistance call **131 450**

been easy."

In September 2015 Glenda's disease had progressed to needing ongoing and intensive care and she took up permanent residence at Lyndoch. Within a couple of months, she wasn't able to hold a conversation anymore.

"We would visit Mum and go with company as she couldn't participate in the conversation," Leah said. "You could see she would listen to the conversation, feeling the energy and the fun and her eyes would light up occasionally."

Glenda passed away in December 2018 at the very young age of 68. After a long goodbye, the family knew their mum was finally at peace and released from her suffering. This opened the door that had been locked for all those years and memories of the amazing mother, wife, daughter, sister, grandmother, aunt, and friend she was, came flooding back through.

When asked to describe their mum in one word, there's no holding back: loving, hard-working, funny, energetic, resilient, fierce (in love and war), businesswoman, supportive of the underdog, fighter for equality, kind and caring.

As Simon mentioned, Dementia Australia will be facilitating information sessions "Dementia and Your Caring Role" at TDHS in October; see details in flyer included.

For more information on Dementia, please go to <https://www.dementia.org.au/> or you can make an appointment with one of our General Practitioners by contacting Timboon Clinic on 5558 6088.

**Dementia Australia**

Save the Date

Dementia Action Week 2023

September 18-24

DEFIB DONATION COMES FROM A GENEROUS HEART TO SAVE ANOTHER

TDHS Meals on Wheels volunteers have already experienced Adrian Till's generous heart as he has donated chocolate at Easter and Christmas times.

"I've been getting Meals on Wheels for 2 years now and the TDHS volunteers that deliver them go out of their way to give me my meal and it's always with a friendly chat and smile and that means a lot to me," Adrian said.

Born in Cobden, he lived in different parts of Australia while working in road maintenance, driving trucks, working on pipelines, being a farmhand or a deckhand on an abalone vessel. "I'd go where the work was and where help was needed," he said. "I always wanted to help people and even though I got burned a couple of times, it has never stopped me from trying to help wherever I can."

Adrian settled back in Timboon in 2018 and was diagnosed ten years ago with emphysema, a lung disease mainly caused by smoking, but other causes include air pollution and chemical fumes. Symptoms include shortness of breath, coughing and fatigue. He stopped smoking in 1996 after a major coughing fit by using one strong "stop smoking" patch for one

day and changing his mindset.

"I've got an asthma puffer to help me if I need it and with Thunderstorm Asthma season (October through to December) approaching I will definitely be relying on that, as it's a terrible feeling when you've got trouble breathing," Adrian said.

Adrian's favorite girl is Rosie, his 10-year-old Jack Russell terrier, who he rescued from the RSPCA in Portland. "I also love a bit of fishing and Rosie will come with me and keeps me company," he said.

Adrian also enjoys his regular visits with his mate John Wilson, who is a permanent resident at TDHS, and who he has known for almost 60 years. "I love catching up with John, either over the phone or in person, as we have been mates for a long time and we talk about anything," he said.

During one of these visits, Adrian decided to donate money to TDHS to purchase two defibrillators.

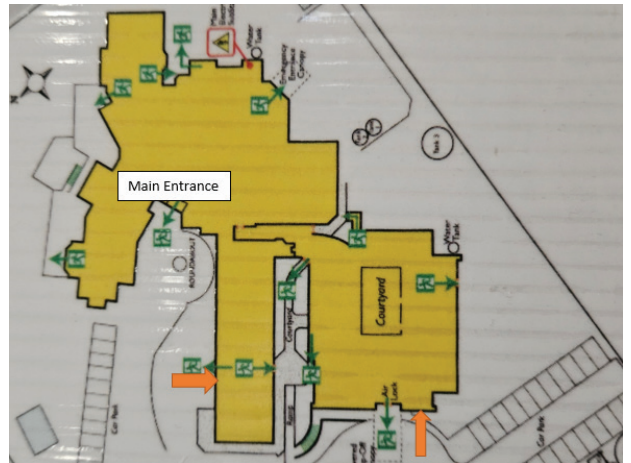
"While visiting John I thought the healthcare service could always use more defibrillators, especially maybe in the physio gym and the Social Support Group area," Adrian said. "You never know when somebody might need it."

TDHS Chief Executive Officer Gary Castledine said TDHS is very grateful for Adrian's thoughtfulness and kindness. Having worked at Ambulance Victoria for about 25 years Gary knows all too well the importance of defibrillators. "Cardiac arrest is unexpected. For every minute a patient doesn't get CPR/defibrillation, their chances of survival fall," Gary said. "To make the defibrillators more accessible to the public we've installed the two defibrillators donated by Adrian on the outside wall of our physio gym and on the wall next to our Community Health building's entrance at the top car park."

A facility map has been included on this page for exact locations

The defibrillators will also be registered on the Good Sam application, which is a free global smartphone app that alerts responders to someone nearby in cardiac arrest. GoodSAM is linked to the Triple Zero (000) communications centre, so as soon as an ambulance is dispatched, a GoodSAM alert will notify GoodSAM Responders.

For more information and to become a GoodSam Responder please visit <https://www.ambulance.vic.gov.au/goodsam/>



SAY AAH...

Typically running from the start of October until the end of December, grass pollen season brings a seasonal increase in asthma and hay fever – and the chance of epidemic thunderstorm asthma.

Thunderstorm asthma events are

thought to be triggered by an unusual mix of high levels of grass pollen and a certain type of thunderstorm. During these storms tiny pollen grains from grasses can be swept up in the wind and carried long distances. When exposed to this air, the tiny particles of pollen are breathed deep into your lungs, triggering an asthma flare-up or attack.

You might have a higher chance of a

sudden asthma flare-up triggered by a thunderstorm if you have:

- seasonal hay fever
- current asthma
- a history of asthma
- undiagnosed asthma.

From 1 October, VicEmergency (www.emergency.vic.gov.au/respond/) will be issuing Epidemic

More than just a shed

If you looked inside a typical Men's Shed you might see a number of men making furniture, perhaps making reindeer for Christmas or a rotary dairy for a precious young community member.

You might also see a few young men working with the older men obtaining new skills and learning something about life from the men with whom they work. You might see local elders making and designing arts and crafts. You will see teabags, coffee cups and a comfortable area where men can sit and talk. You will probably also see an area where men can learn to cook for themselves or how to contact their families by computer.

The Australian Men's Shed Association (AMSA) was established in 2007 by a collection of Australian independent community-based Men's Sheds to represent, support and promote the Men's Shed movement. It was founded on the principle of sharing information between sheds and those communities wishing to establish and operate a Men's Shed.

Many men, especially after retirement, find themselves alone, often living in isolation and needing to connect with their community and find new purpose but aren't sure how. Others just want to learn a new skill or revisit old ones. AMSA have created a number of channels to help continue the discussion outside of the shed.

The Timboon Men's Shed found its humble beginnings 16 years ago at the Baptist Church. It moved to its current location when Timboon and District Healthcare Service bought a block of land and offered it to the Timboon Men's Shed to build a shed to continue its important mission for men's health

and wellbeing.

Tom Hose has been a member from the beginning. "Timboon Men's Shed runs independently from the healthcare service, but it still supports us in many ways, especially financially, by paying the rates, water and maintenance," he said.

It currently has 19 members, ranging from mid-teens to late 80's, who pay only \$10 a week, and can come when they want to on Tuesdays between 9 am and 2 pm (including lunch) and Thursdays between 9 am and 12 pm (including morning tea).

When you talk to the men you get the idea that they all get something different out of it: social interaction, enjoyment of making things, company, getting out of the house and learning new skills.

Terry O'Connor also loves coming to the Men's Shed. "With my disability I often think of ideas to create certain objects to assist in the Occupational Therapy area, like the hand therapy object I'm working on now," he said.

While talking to Terry and Tom other members are being cheeky saying that the wives are probably paying for the membership to keep the men out of the house.

"I absolutely love it!," Ray McCraw said. "Everybody does their own thing; you can put something together in the shed or you can just observe and have a chat."

As the Secretary, Ray is always happy with donations. "The timber we use for our projects is donated from within our community, but we also source from out of town," he said. "We had a lady who wanted us to make some drums and after some research we found out

that sugar gum was the best timber to use. We found a generous guy in Lismore, who was happy to donate the sugar gum we needed."

Making the drums provided an exciting challenge for the men and they created a steam "machine" to bend the sugar gum. "I love those challenges," Ray said with a big smile. "I even enjoy the challenge of cooking lunch when our regular wonderful cook Gloria is away."

Why not jump in and contact Ray on 0499 740 336 to join a group of like-minded mates.



Thunderstorm Asthma Risk Forecasts – a three day forecast that is updated daily. We are asking those in the community who are at risk to check this everyday online or through the app, so they can be better prepared. You can also follow the Melbourne pollen count and forecast by visiting Home - Melbourne Pollen (www.melbournepollen.com.au)

To reduce the risk of thunderstorm asthma when it is a known trigger, it is best to have good asthma management year-round and to update or create an asthma action plan or hay fever treatment plan to prepare for the season.

For assistance with your asthma action plan, please contact Timboon Clinic on 5558 6088.

Practice Hours

**Monday to Friday :
8.30 am to 5.30pm**

**Saturday Mornings:
9.30am to 11.30am**

(emergency appointments only)

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 Women's Health Week 4-8 Dementia Awareness Week 18-24

1. Exercise Physiologist, Occupational Therapist, Timboon SSG
4. Exercise Physiologist, Physiotherapy
5. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Private Dental, Social Worker, Timboon Men's Shed
6. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Physiotherapy, Radiology
7. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon Men's shed
8. Exercise Physiologist, Occupational Therapist, Timboon SSG
11. Exercise Physiologist, Physiotherapy
12. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Occupational Therapist, Social Worker, Continence Nurse, Timboon Men's Shed
13. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology, Audiology
14. **RUOK Day**, Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
15. Exercise Physiologist, Occupational Therapist, Timboon SSG
18. Exercise Physiologist, Physiotherapy
19. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Private Dental, Social Worker, Timboon Men's Shed
20. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Physiotherapy, Radiology
21. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
22. Exercise Physiologist, Occupational Therapy, Timboon SSG, 25 Exercise Physiologist, Physiotherapy
26. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Social Worker, Timboon Men's Shed
27. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Physiotherapy, Radiology
28. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed

29. Public Holiday (VIC)

OCTOBER

Breast Cancer Awareness Month Shocktober Walktober

2. Exercise Physiologist, Physiotherapy
3. Cobden SSG, Cobden Walking Group, Dietitian, Private Dental, Exercise Physiologist, Social Worker, Timboon Men's Shed
4. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Physiotherapy, Radiology
5. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
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16. Exercise Physiologist, Physiotherapy
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27. Exercise Physiologist, Occupational Therapist, Timboon SSG
30. Exercise Physiologist, Physiotherapy
31. Cobden SSG, Cobden Walking Group, Private Dental, Dietitian, Exercise Physiologist, Social Worker, Timboon Men's shed

NOVEMBER

November Lung Cancer Awareness Month

1. Cobden SSG, Exercise Physiologist, Maternal Child Health, Physiotherapy, Private Podiatry, Radiology
2. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
4. Exercise Physiologist, Occupational Therapist, Timboon SSG
6. Exercise Physiologist, Physiotherapy
7. Public Holiday (Melbourne Cup)
8. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Physiotherapy, Radiology, Audiology
9. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon Men's shed
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17. Exercise Physiologist, Occupational Therapist, Timboon SSG
20. Exercise Physiologist, Physiotherapy
21. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Social Worker, Timboon Men's Shed
22. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Physiotherapist, Radiology
23. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
24. Exercise Physiologist, Occupational Therapist, Timboon SSG
27. Exercise Physiologist, Physiotherapy, Private Dental
28. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Occupational Therapist, Social Worker, Private Dental, Timboon Men's Shed
29. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Physiotherapy, Radiology
30. 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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