



2024 Calendar



TDHS Associate Nurse Unit Manager
Camille Nicholls enjoying a Stand-Up
Paddle (SUP) after a day-shift on the ward.



Health is the greatest of human blessings
– HIPPOCRATES

What is Health Promotion?

HEALTH PROMOTION IS DEFINED BY THE WORLD HEALTH ORGANISATION (WHO) AS “THE PROCESS OF ENABLING PEOPLE TO INCREASE CONTROL OVER, AND IMPROVE, THEIR HEALTH”.

Timboon and District Healthcare Service (TDHS) actively incorporates health promotion throughout the diverse avenues of service delivery we provide. In addition, we work directly with our community to promote health and healthy lifestyle choices.

Effective Health Promotion contributes to empowerment. Through empowerment, individuals in our community and beyond can take action to tailor healthy habits to suit their lifestyle and needs, as well as their current health condition and abilities.

Health Promotion priority areas for TDHS are:

Priority Areas	 HEALTHY EATING	 ACTIVE LIVING	 REDUCING TOBACCO AND E-CIGARETTE RELATED HARM
Co-benefits Approach	 MENTAL HEALTH AND WELLBEING	 CLIMATE & HEALTH	

We would love to hear your feedback on our first Health Promotion calendar. Please scan the QR code on the right.



Adults who are
sufficiently physically
active:



49.5%

Corangamite shire
(Victoria 51.1%) *

Research shows that increasing participation in physical activity has health, social and economic benefits.

Why wait? Here are some simple ideas to get more active:

- engaging in social sport, active recreation and play;
- walking and active travel;
- inspiring women to get active without being judged;
- joining a TDHS exercise class.

Please contact TDHS on (03) 5558 6000 to find out more about our exercise classes. For more information on getting active please visit www.vichealth.vic.gov.au/our-health/encouraging-regular-physical-activity or scan the QR code.




TDHS Chief Executive Officer Gary Castledine
enjoying some active recreation with his son Finn



Make every day count

January 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 Australia Day	27
28	29	30 Term 1 School Starts	31	<p>PARKRUN is a positive, welcoming and inclusive experience where no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate. For more information visit www.parkrun.com.au or scan the QR code on the right.</p> 		

Avoidable heart disease
deaths per 100,000
people, 0-74yrs:



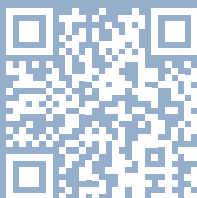
29.3%
Corangamite shire
(Victoria 20.2%) *

One in five people do not know the warning signs of a heart attack, and one in two people delay calling Triple Zero (000).

Here are some helpful hints to start getting heart smart:

- get active;
- quit smoking;
- eat healthy food;
- download a free 'heart attack warning signs action plan';
- book your Heart Health Check.

Please contact Timboon Clinic on (03) 5558 6088 to book your Heart Health Check. For your free 'Heart attack warning signs action plan' and for more information on heart health, please visit www.heartfoundation.org.au or scan the QR code.



Fall in love every day

February 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OVARIAN CANCER AWARENESS MONTH HEART RESEARCH MONTH – RED FEB				1	2	3 parkrun is every Saturday
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28 Teal Ribbon Day (Ovarian Cancer)	29		

Melanoma incidence rate per 100,000 people



39.6%
Corangamite shire
(Victoria Male
28.3/Female 20)*

Skin cancer is the most common cancer diagnosed in Australia and the sun's ultraviolet (UV) radiation is the major cause of skin cancer and also causes sunburn, premature ageing and eye damage.

The good news is that we can help prevent damage by following some of these SunSmart tips:

- follow Cancer Council's slip, slop, slap, seek and slide steps;
- check the UV rating on the free SunSmart app from Cancer Council;
- keep an eye on your skin.

Please contact Timboon Clinic on (03) 5558 6088 to book your skin check. To download the free SunSmart app and for more information on being sunsmart, please visit www.cancer.org.au or scan the QR code



Port Campbell Surf Life Saving Club boat crew "Kittens" being active and SunSmart



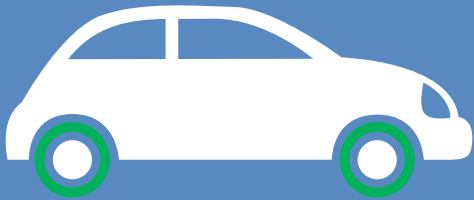
Do more of what
makes you happy

March 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MELANOMA MARCH EPILEPSY AWARENESS MONTH ENDOMETRIOSIS AWARENESS MONTH – ENDOMARCH					1	2 parkrun is every Saturday
3	4	5	6	7	8 International Womens' Day	9
10	11 Labour Day (VIC)	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 Purple Day (Epilepsy)	27	28 Term 1 School finishes	29 Good Friday	30 Easter Saturday
31 Easter Sunday	ENDOMARCH is a worldwide campaign aimed at raising awareness of Endometriosis, a disease that affects 1 in 9 women, girls, and those who identify as gender diverse. Approximately 200 million worldwide suffer from endometriosis. For more information, please visit www.endometriosisaustralia.org or scan the QR code.					

Rate of people driving to work in a private vehicle:



59%

Corangamite Shire*
(Victoria 49.9%)**

Environmental hazards—like water and air pollution, extreme weather, or chemical exposures—can affect human health in a number of ways, from contributing to chronic diseases like cancer or to acute illnesses like heat exhaustion.

By making the following healthy choices and getting back to nature, we not only improve our health, but also Mother Earth:

- plant some trees;
- engage in slow photography;
- walk or cycle to your destination;
- eat fruit and vegetables (create your own vegie patch).

International Mother Earth Day is being held on 22nd April and for more information, please visit www.un.org/en/observances/earth-day or scan the QR code.



13% of our coastline is National Park. It is important to look after the health of our precious coastline and climate.



*Corangamite Shire Council Municipal Public Health & Wellbeing Plan 2021 - 2025

** Australian Bureau of Statistics - Census 2021

Be The Best Version
Of Yourself

April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Easter Monday	2	3	4	5	6 parkrun is every Saturday
7 World Health Day Daylight Savings: at 2am wind your clock back 1 hour and change your smoke alarm batteries today	8	9	10	11	12	13
14	15 Term 2 School starts	16	17	18	19	20
21	22 World Immunisation Week 22-28 April International Mother Earth Day	23	24	25 Anzac Day	26	27
28 Pay It Forward Day	29	30	AUTISM AWARENESS MONTH PARKINSON'S AWARENESS MONTH			

Rates of adult smoking:



20%

Corangamite shire
(Victoria 15.5%) *

E-cigarette (vaper) users aged under 30 years:



54% **

Victoria

Smoking can cause cancer, including lung cancer. May is Lung Cancer Awareness month and a great time to start thinking of stop smoking. According to quit.org.au your body begins to repair itself as soon as you quit smoking, no matter what your age.

Focusing on why you want to stop smoking can help motivate and keep you on track. Some common reasons:

- save some money;
- improve your health;
- start a family;
- have more time with friends and family.

Wherever you are on your quitting journey, help is available. You can contact our Timboon Clinic on (03) 5558 6088 to make an appointment for a GP or WRAD consult and/or you can visit www.quit.org.au or scan the QR code.



AJ Pechotsch is showing how education at a young age can work towards reducing tobacco and e-cigarette related harm.



**www.phnexchange.com.au

**Bayly M, Mitsopoulos E, Durkin S, Scollo M. E-cigarette use and purchasing behaviour among Victorian adults: Findings from the 2018-19 and 2022 Victorian Smoking and Health Surveys.

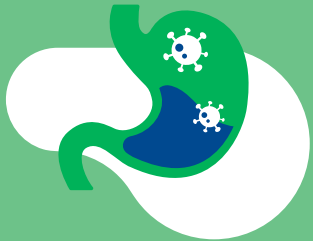
Do what you love

May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MULTIPLE SCLEROSIS (MS) AWARENESS MONTH THYROID AWARENESS MONTH CROHN'S AND COLITIS AWARENESS MONTH LUNG HEALTH AWARENESS MONTH			1	2 World Asthma Day	3	4 parkrun is every Saturday
5 International Day of the Midwife	6	7	8	9	10	11
12 Mother's Day International Nurses Day	13	14	15	16	17	18
19	20 National Volunteer Week 20-26 May National Palliative Care Week	21	22	23 Biggest Morning Tea (Cancer Council)	24	25
26 Pay It Forward Day	27	28	29	30 World MS Day	31 World NO Tobacco Day	

**Avoidable bowel cancer
deaths per 100,000
people, 0-74 yrs:**



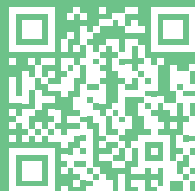
11.6%
Corangamite Shire
(Victoria 9.4%)*

June is Bowel Cancer Awareness Month during which Bowel Cancer Australia aims to raise awareness of Australia's second deadliest cancer. Diet and lifestyle choices, as well as screening and surveillance, can influence your bowel cancer risk.

Please find below some tips on what you can do today to lower your risk:

- be physically active;
- drink less alcohol;
- eat wholegrains, dietary fibre (e.g. apples) and dairy foods;
- get screened regularly
(National Bowel Cancer Screening Program or colonoscopy).

Please contact TDHS on (03) 5558 6000 to find out more about our exercise classes or how to get help with your dietary choices. For more information on screening options please contact Timboon Clinic on (03) 5558 6088 or visit www.bowelcanceraustralia.org or scan the QR code.



Bowel Cancer Australia's red apple logo is symbolic of the charity's bowel cancer message: bowel cancer can be treatable and beatable if detected early. The small hole in the apple is caused by a worm. If detected early and removed, the worm is unable to continue affecting the apple or the health of the tree. It's the same with people. If bowel cancer is detected early it can be successfully treated, which means patients and their families can continue to enjoy a healthy life.

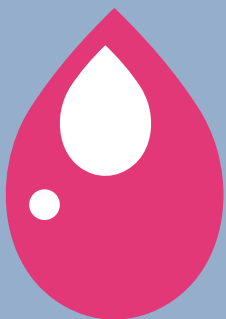
Enjoy the little things

June 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BOWEL CANCER AWARENESS MONTH						1 parkrun is every Saturday
2	3	4	5	6	7	8
9	10 King's Birthday (VIC) Men's Health Week 10-16 June	11	12	13	14 World Blood Donor Day	15
16	17	18	19 Red Apple Day (Bowel Cancer Awareness)	20	21	22
23	24	25	26	27	28 Term 2 School finishes	29
30						

Type 2 Diabetes:



4.6%

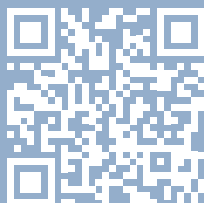
Corangamite Shire
(Victoria 5.5%) *

National Diabetes Week in July raises awareness of the different types of diabetes, including type 2 Diabetes. Evidence shows type 2 diabetes can be prevented or delayed in up to 58% of cases by maintaining a healthy weight, being physically active and following a healthy eating plan.

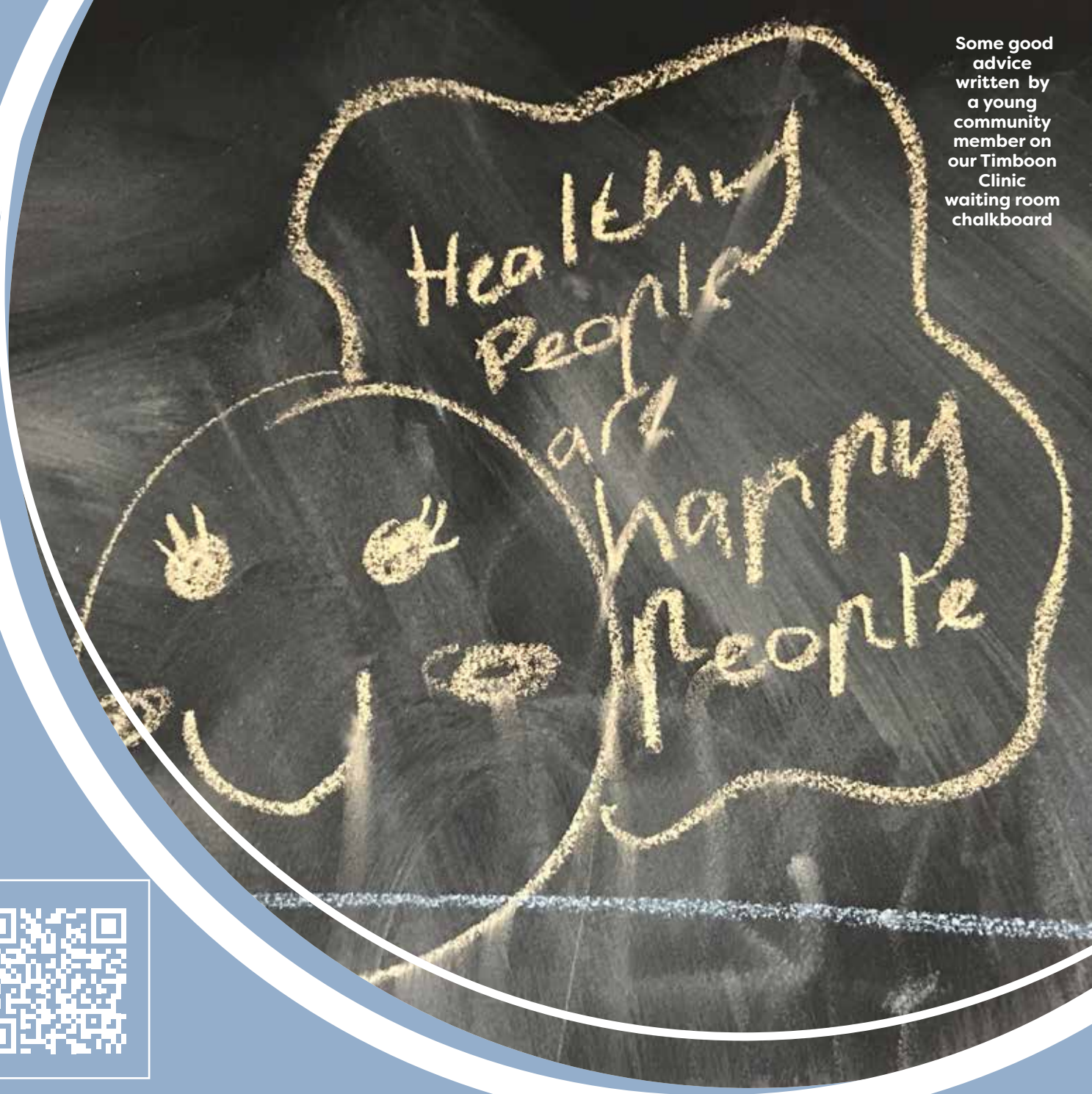
It is also important to:

- manage your blood pressure;
- manage your cholesterol levels;
- download a free 'heart attack warning signs action plan';
- book your Heart Health Check.

Our Diabetes Educator will be able to guide you on your journey and to make an appointment you can call (03) 5558 6000 or you can contact Timboon Clinic on (03) 5558 6088 to book a GP appointment. For more information on diabetes, please visit www.diabetesaustralia.com.au or scan the QR code.



Some good advice written by a young community member on our Timboon Clinic waiting room chalkboard

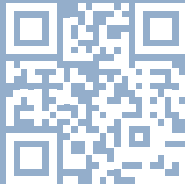


Turn a kind eye

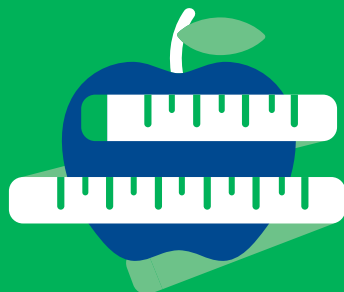
July 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KIND JULY DRY JULY	1	2	3	4	5	6 parkrun is every Saturday
	7 NAIDOC Week 7-14 July	8	9	10	11	12
14 National Diabetes Week	15 Term 3 School starts	16	17	18	19	20
21 National Farm Safety Week 21-28 July	22	23	24	25	26	27
28 Donate Life Week 28 July-4 August	29	30	31	DRY JULY - is a fundraiser that encourages you to go alcohol-free in July to raise funds for people affected by cancer. Having a month off alcohol also has great health benefits, such as sleeping better, having more energy and of course, no hangovers! So you're not only helping others, you're helping yourself. It's a win-win. Scan QR code to find out more information.		



Adults who reported being
overweight or obese:



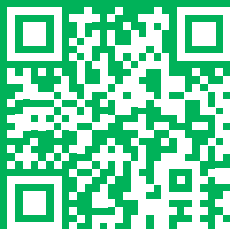
63.2%
Corangamite Shire
(Victoria 50.8%) *

Achieving a healthy body weight is one of the best things we can do to improve our heart health and wellbeing, but what is a healthy weight and how is it achieved?

The Heart Foundation can get you started with four handy tips:

- get a healthy weight, the healthy way;
- start with a mindset shift;
- eat for a healthy weight;
- exercise for a healthy weight.

Healthy choices are not always the easiest to make. Our dietitian is here to help to get you started and be there with you every step of the way. Please contact TDHS on (03) 5558 6000 to book your appointment. You can also visit www.heartfoundation.org.au for more information and/or healthy recipes or scan the QR code.



Claire McAuliffe (and friends) riding
the TDHS smoothie bike during
Wellbeing Week at Timboon P-12 school



Believe in yourself

August 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TRADIES NATIONAL HEALTH MONTH is an awareness initiative driven by the Australian Physiotherapy Association to provide tradies with the right tools to build a mentally and physically safe worksite. Physiotherapists are uniquely placed to prevent and treat musculoskeletal concerns throughout a worker's lifespan. To make an appointment with our physiotherapy services, please call (03) 5558 6000 or click QR code for more information on the Tradies National Health Month initiative.				1	2	3 parkrun is every Saturday
4 Jeans for Genes Day	5	6	7	8	9 Red Nose Day (SIDS)	10
11	12	13	14	15	16	17
18 Speech Pathology Week	19	20	21	22	23 Daffodil Day (Cancer Council)	24
25	26	27	28 National Meals on Wheels Day	29	30	31

Multimorbidity

(having two or more chronic conditions at the same time)

rates:



18% males 23% females

Australia*

We get it. Life gets busy, motivation dips and taking care of your health can fall to the bottom of the to-do list.

Prevention does matter and for women Jean Hailes Women's Health Week in September is a great opportunity to put your health back on top of the list (and some of their easy and helpful hints are suitable for men too):

- look out for your bowel cancer test kit;
- book a cervical screening test (self-collection option);
- get your blood pressure checked;
- book a breast screen;
- check your mental health.

For more information you can contact Timboon Clinic on (03) 5558 6088 to make an appointment with our Community Health Nurse or GP. You can also visit Jean Hailes Foundation on www.jeanhailes.org.au or scan the QR code.



TDHS staff members (l-r) Sharynn Bennett, Kathryn Geddes and Adele Sullivan-Holmes are a force to be reckoned with when it comes to fighting menopause



You are not alone

September 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Father's Day	2	3	4	5	6	7 parkrun is every Saturday
8 Women's Health Week	9	10	11	12 RUOK? Day	13	14
15	16 Dementia Awareness Week	17	18	19	20 Term 3 School finishes	21
22	23	24	25	26	27 AFL Grand Final Day (VIC)	28
29 World Heart Day	30	PROSTATE CANCER AWARENESS MONTH In Australia, 1 in 6 men will be diagnosed with prostate cancer in their lifetime. Males over the age of 50 should discuss prostate cancer with their doctor and be screened for the disease on an annual basis. Please call Timboon Clinic on (03) 5558 6088 to make an appointment and/or visit www.australianprostatecancer.org.au or click on the QR code for more information.				



Avoidable breast cancer
deaths per 100,000 people,
0-74 yrs:



29.8

Corangamite Shire
(Victoria 15.7) *

Breast Cancer Awareness Month takes place every October with the aim to shine a light on the devastating impact breast cancer has on thousands of Australians each day. It is estimated that 1 in 7 women will be diagnosed with breast cancer in their lifetime.

While you might have no control over some risks, you can take some actions to try to reduce the risks or increase early detection:

- be physically active;
- drink less alcohol;
- keep a healthy weight range;
- get screened every 2 years
(free for women 50 – 74 years old).

For more information on screening options please contact Timboon Clinic on (03) 5558 6088 or visit www.nbcf.org.au or scan the QR code.



TDHS staff members
promoting breast cancer
awareness Pink Ribbon event

Make it happen

October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAST CANCER AWARENESS MONTH DEFIBRILLATOR AWARENESS MONTH - SHOCKTOBER WALKTOBER NATIONAL WORK SAFE MONTH		1	2	3	4	5 parkrun is every Saturday
6 World Smile Day Daylight Savings: at 2am wind your clock forward 1 hour and change your smoke alarm batteries today	7 Term 4 School starts	8	9	10 World Mental Health Day	11	12
13 National Carers Week 13-19 Oct National Nutrition Week 13-20 October National Infection Prevention Control Week 13-20 October	14	15	16	17	18	19
20	21	22	23	24	25	26
27 World Heart Day	28	29	30	31	OCTOBER IS WALKTOBER and there's no better time of year to get active than after a long, cold winter. The start of daylight savings means more time to enjoy the great outdoors, and October brings with it lovely, mild weather perfect for exercising. No need to register, just start walking!	

Adults with high or
very high levels of
psychological distress:



15%

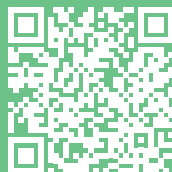
Corangamite Shire
(Victoria 10.6%) *

Mental health and suicide prevention,
prostate cancer and testicular cancer –
November is turning into Movember and takes
them all on!

Since 2003, Movember has funded more than
1,250 men's health projects around the world,
challenging the status quo, shaking up men's health
research and transforming the way health services
reach and support men.

The Movember Foundation provides reliable, expert
information to help men cope and live happier, healthier,
longer lives –no matter what life throws at us.

Please contact Timboon Clinic on (03)
5558 6088 to have a chat with one
of our GPs or visit www.au.movember.com/mens-health/mentalhealth or
scan the QR code.



'What mental health needs is
more sunlight, more honesty, and
more unashamed conversation.'
– Glenn Close

Find the joy in
little things

November 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEN'S HEALTH AWARENESS MONTH – NOVEMBER White Ribbon Day is on 25th November highlighting Gendered Violence Prevention and is the start of 16 Days of Activism. We all have an important role to play in ending gender-based violence. For more information, please visit www.whiteribbon.org.au or click on the QR code. 					1	2 parkrun is every Saturday
3	4	5 Melbourne Cup (VIC)	6	7	8	9
10	11 Remembrance Day	12	13 World Kindness Day	14 World Diabetes Day	15	16
17 National Skin Cancer Awareness Week 17 – 24 November	18	19	20	21	22	23
24	25 White Ribbon Day (Gendered Violence Prevention – start of 16 Days of Activism)	26	27	28	29	30

Alcohol consumption
litres per person:



149.2L

Corangamite Shire
(Victoria 110.1L) *

As we flip this calendar from November to December with extra excitement, polishing up our wish list for Santa and looking forward to a bit of time off during Christmas and New Year's with our families, it's important to keep in mind not to overindulge during the holiday season.

- Eat and drink mindfully;
- Check in on those you know might be lonely;
- Be extra cautious with food safety;
- Stay hydrated;
- Reduce some of the financial stress by remembering that the gift is in the giving, not the net worth of the presents.

If you feel overwhelmed,
please visit www.lifeline.org.au
or click on the QR code.



*www.phnexchange.com.au

Santa (TDHS Exercise Physiologist
James MacAuslan) promoting
active and ho ho ho healthy living



TDHS would like to wish you and
your loved ones a Safe and Merry
Christmas and may 2025 be a year
filled with good health, warmth
and togetherness.

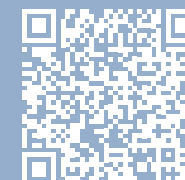
Explore the beauty
of nature

December 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 parkrun is every Saturday
8	9	10	11	12	13	14
15	16	17	18	19	20 Term 4 School Finishes	21
22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28
29	30	31 New Year's Eve	BOWEL CANCER AWARENESS MONTH - DECEMBEARD CAMPAIGN			

We need your help to
work together for a
healthy community.
Please scan the QR code
to leave your feedback.





Timboon and District Healthcare Service

21 Hospital Road, Timboon VIC 3268

P: (03) 558 6000 F: (03) 5598 3565

E: timboon@swarh.vic.gov.au

www.timboonhealthcare.com.au

Timboon Clinic

14 Hospital Road, Timboon VIC 3268

P: (03) 5558 6088 F: (03) 5598 3610)

E: timboon@swarh.vic.gov.au

www.timboonhealthcare.com.au

Disclaimer: TDHS does not guarantee the accuracy or completeness of the health awareness days printed in this calendar and accepts no responsibility for any loss arising from its use. Before engaging in any activity associated with the listed events, confirmation of the date should be sought from the relevant organisation.

