

Quarterly

Summer 2023/24

This Summer

**STRAP ON YOUR HELMET
AND GO FOR A BIKE RIDE!**

PG 3

With hundreds of miles of road, including our rail trail, moving through rugged coastline and ancient forest connecting charming seaside towns to country villages, there is a rich variety of interesting terrain and beautiful scenery to explore.

And while walking and jogging are great activities while exploring the great outdoors, cycling is a fantastic low impact activity, for young and old, causing fewer strains and injuries than many other forms of exercise. That is, of course, if we make sure we do it safely and wear a helmet.

TDHS BOARD AND STAFF

WISH YOU AND YOUR LOVED ONES A

MERRY CHRISTMAS

AND MAY 2024 BE A YEAR FILLED WITH

GOOD HEALTH, WARMTH AND

TOGETHERNESS!



CEO & CHAIR'S Report

On the back of the worldwide pandemic Timboon and District Healthcare Service (TDHS) continued to deliver the high-quality services we are known for and our community has become accustomed to, even though specific areas of our service were tested like never before.

Just like the changing seasons means we have to adapt or we fail, our healthcare service constantly faces challenges. TDHS is part of both a regional and a statewide system and while we are classified as a small rural health service, we are one of the many integral parts that drives the system to success. Our Urgent Care Centre, for instance, plays an important part of initiating the consumer centred care journey (i.e. assessment, pathology, virtual care) 24/7.

As a collective of health services within the Barwon Southwest region, we are greater than the sum of our parts, and adapting and accepting change means we can continue being safe and effective. Adapting to change also means we have to listen to the different cultures within our community and we're very excited to have appointed an Aboriginal Liaison Officer.

We are very proud of our staff and volunteers showing resilience as we face these challenges and changes and our Heart of TDHS Awards night was a great opportunity to highlight and celebrate the integral part staff and volunteers play in our delivery of continuous safe and high-quality consumer centred care.

Moving into our Summer season also brings its challenges. Summer is a season that invites us to break free from our indoor routines and soak up the sun, while engaging in

activities that promote fitness and wellbeing. These times of sunny days, outdoor activities, and carefree moments can also sometimes lead us to neglect our health, so it is important to incorporate our habits to ensure a healthy and enjoyable experience to maintain wellness, mentally and physically.

From staying hydrated and protecting our skin to savouring the bountiful harvest of seasonal produce, each choice we make contributes to our overall health. Engaging in outdoor activities, nourishing social connections, and practicing self-care allows us to flourish in the summer sun. If you need some help with where to start, please pick up a copy of our Health Promotion calendar at Reception or join our Longest Day Golf Challenge on 5th January 2024 (for more information please contact Christie Berry on 5558 6000)!

So adapt, accept and embrace the changes another season brings. Seize the summer spirit, step outside, and discover the joys of movement and exploration that this vibrant season has to offer.

Have a wonderful summer and we wish you and yours a safe and happy holiday season.

Board Chair
Frank Carlus

Chief Executive Officer
Gary Castledine



V O L U N T E E R

all that's missing is U

**There is no "I" in TEAM, but we are very glad,
there is "U" in our volunteers!**

**Please contact our Community Engagement Officer
Sabine McKenzie on 5558 6064
to have a chat about
how "U" can be part of our wonderful team.**



This Summer STRAP ON YOUR HELMET AND GO FOR A BIKE RIDE!

Hunter Warren and Xavier McNeill are mates and love to ride their bikes together. "I like to ride at least twice over the weekends and getting outside with my friends," Xavier said. "It makes me feel good getting outside and makes me fit."

Hunter agrees. "I like to ride as much as I can, as it makes me feel happy being outside with my friends and it's good exercise."

The boys make sure they strap on their helmet securely before hopping on their bikes and this was no different when they went on a ride together a couple of weeks ago on a Sunday afternoon.

They went bike riding down the Snake Track and after gaining a bit of speed, Hunter hit an obstacle and went flying over his handle bars.

"I was ahead of Hunter and didn't know he had crashed until a little bit later and I turned around, went back and found Hunter lying on the road with the bike on top of him," Xavier said. Hunter looked like he was "asleep" and as he was in the middle of the road, Xavier rolled him off the road to make sure Hunter wasn't hit by a car as well (as it happens, a car did come and drove past just as Hunter was regaining consciousness).

"I wasn't sure what had happened and what to do," Xavier said. Fortunately, the boys (and their mums) always made sure they had at least one mobile phone on them. "I knew mum knew what to do, so I called her," Xavier said. Due to bad reception for some mobile phone services in Timboon, Xavier had to run up the hill to get in contact with his mum.

"Getting the phone call from Hunter's phone was not unusual as I always ask them where they are riding and that, if they change their minds, that they need to let me know," Xavier's mum Belinda said.

The second she heard her son's voice though; she knew something had happened. "He was scared, but he was also in control and got across all the information that I needed to be able to get to them," Belinda said. When Belinda got to them, Hunter was just sitting calmly on the side of the road and Xavier was comforting him.

"I couldn't believe that they were both so calm," Belinda said. "They went through exactly what happened and

then I decided it was best to get Hunter back to my place, so we could assess what he needed and call his mum." She realized it wasn't the best of phone calls to a mum, but luckily Belinda and Hunter's mum Jenna Warren are very close, and they had spoken about the fact that they might have to make a phone call like this at some point.

Being still in married bliss from getting married the day before, Jenna wasn't really prepared for receiving a phone call from Belinda telling her Hunter had a big stack off his bike.

"Even though Belinda and I had gone through the probable scenario of something like this happening before - being mums of young active boys, I got a bit of a shock," Jenna said.

They took Hunter to TDHS for an initial assessment and as Hunter had hit his head, an ambulance was organised to take him to South West Healthcare. His helmet with visor was cracked in different places.

"We sat at South West Healthcare for 4 hours while Hunter underwent the 4-hour concussion test and we were sent home after that with a fare few 'war' wounds (gravel rash on nose and back) and a severe concussion," Jenna said.

Hunter doesn't remember much about the whole ordeal. "I just know my head hurt and I can vaguely remember Xavier dragging me off the road," Hunter said. "It's great to have such a good mate to look after me and I also know that it would have been very bad if I hadn't worn my helmet."

Hunter endured most of the concussion symptoms for a couple of days, like vomiting, headaches, sleeping a lot and very lethargic. "He definitely wasn't our Hunter," Jenna said.

"I am so proud of how both the boys handled the situation and how brave they were in dealing with what needed to be done," Belinda said.

Jenna said that after listening to Xavier tell the story of what happened to Hunter once she arrived at their house, she was blown away, that this boy, Hunter's friend Xavier, came to his rescue and did everything right. "He is a hero in our eyes," Jenna said. "That is what a friend should do and be like in that situation; we can't thank him enough."

Xavier doesn't think much of it and feels that helping his friend was nothing special, just something you do. What he does know is that it could have been a whole lot worse if Hunter hadn't worn his helmet. "I even think the visor on Hunter's helmet protected his forehead."

Hunter agrees with his friend, but also thinks he's very lucky to have a good friend like Xavier. "When you go bike riding, wear your helmet and strap it close, but also make sure you always ride with somebody else and have a mobile phone with you," Hunter said as Xavier nodded his head in agreement.

Good advice according to both mums as well. "A big thank you to Belinda for going to the rescue," Jenna said. "And thank you to Timboon hospital and Ambulance Victoria for their wonderful care. And to all parents reading this, please make sure your children have helmets on, have a friend like Xavier to ride with and some way to contact a parent."



Wanted: HEALTHCARE STAFF MAKING A BIG DIFFERENCE IN SMALL COMMUNITIES

TDHS continues its commitment to the delivery of safe, high quality, efficient and effective care and while it has been very challenging, we are consolidating our strengths, resilience, and ability to adapt to change and staff shortages.

Victorian Government's "International Recruitment Program"

Earlier this year we informed our community that with the help of a Victorian Government's initiative called "International Recruitment Program", three TDHS staff members, Community Health Nurse Amanda Nash, Diabetes Educator Cheryl Poole, and Social Worker Hayley Weel, went to the United Kingdom to attend different Job Fairs for Health and Social Care Professionals assisting in efforts to recruit healthcare staff.

Amanda was the first to tackle the long-haul flight (20 hours) to attend Bristol's Job Fair in June. Arriving a couple of days before the Job Fair gave her the opportunity to rest after the long trip. Being a keen walker, exploring some of the area by foot, helped her to recover from the jetlag very quickly.

"I caught the early train to Bristol to make the most of the time." Amanda said. "It was interesting to see ambulances waiting for those spilling out of the pubs and clubs on a Friday night."

The Bristol Job Fair was hectic and very busy with lots of interest in overseas jobs. "Sarah from Swan Hill District Health and myself presented the prepared slide show explaining the process and spruiking living and working in this beautiful part of the world."

TDHS Social Worker Hayley, keen to share her enthusiasm for working in small rural communities and the challenging and exciting holistic community view and approach it requires, attended the London Job Fair in September. "I was part of a diverse team of Victorian healthcare professionals, representing all parts of Victoria, and with the attendees (about 500) being interested in a variety of health professions, it meant we could answer most questions as well as selling them the work/life balance rural Victoria has to offer." Hayley said.

The Birmingham Job Fair was Cheryl's destination in November where she was met with icy rain, thinking that was a very good reason to migrate to Australia. "Over 500 people weren't deterred by the cold and rainy weather," Cheryl said. While the Tasmanian Government were trying to coerce attendees with their homemade produce, Cheryl was very quick to point out to them, that rural Victoria, including Timboon, could certainly match (maybe exceed) their gourmet food and scenic outdoor experiences. "I returned home without being able to convince my brother, who is a nurse residing in England, to return home, but I do remain eternally hopeful and won't give up trying." Cheryl said.

All three wanted to thank the Victorian Department of Health and TDHS for the amazing opportunity to represent the Victorian healthcare workforce in the UK.

It will take time to see the final results, especially locally, of this initiative, but initial data shows an uptake of 1,100 packages, six months ahead of schedule.

TDHS Inaugural Home-Grown Jobs Fair

Continuing our mission to consolidate our strengths to combat regional staff shortages, TDHS held their first annual Home-Grown Jobs Fair on the front lawn of our healthcare service on Saturday 2nd December.

We collaborated with other local healthcare services and some of our local volunteer organisations to provide an incredible opportunity for job seekers to connect with healthcare jobs in the region, while tasting their way through some of the local produce. Job seekers could connect and grow their professional network with job agencies, education providers and healthcare employees from TDHS, Cobden Health, Great Ocean Road Health, South West Healthcare and SW Tafe. Interviews were held on the spot with successful results!

The Timboon weather was perfect and so were the sausages, kindly donated by Timboon Butcher "Bouchier's", and perfectly cooked by the amazing volunteers from Timboon Lions Club. People could have a tasty hot beverage from 3M catering or make their own

smoothie by hopping on one of our smoothie bikes. A Timboon team of Ambulance Victoria was also present as well as representatives from the Australian Nursing and Midwifery Federation.

Timboon Men's Shed displayed their finished projects, including their popular Christmas reindeers, and people partaking in our scavenger hunt were able to win gifts donated by our very supportive and generous local businesses: Berry World, Carramar Sage, Milk & Honey, Timboon Providedore, Timboon Pharmacy and Timboon Bakery.

A big thank you to all other supporters and participants, including Timboon Action, Ambulance Victoria, Little Bit of Sweet and K&K Party Hire. We are looking forward to continuing to work together on our next HomeGrown Jobs Fair!

Don't worry if you missed out on attending our HomeGrown Jobs Fair; you can always contact our Human Resources staff on 5558 6000 or by emailing your interest to humanresources.tdhs@swarh.vic.gov.au to kickstart your Live Work and Play journey!



United in Action

Coinciding with International Day of People with Disability (held on 3rd December) community members came together at the Port Campbell foreshore to show how everyone in the community can enjoy something most of us take for granted: a day at the beach.

This year's theme for International Day of People with a Disability 'United in Action', called for collective effort and collaboration to create a world that is better and fairer for everyone, including individuals with disabilities.

Port Campbell Surf Life Saving Club (PCSLSC), supported by Corangamite Shire, Disabled Surfers Assoc (DSA) Warrnambool and TDHS, held an Accessible Beach Day event, which included surfing, guided beach walks at Port Campbell Bay and sport and recreation activities by Variety Abilities Unleashed Kids at the Port Campbell Tennis Courts.

Over 4 million Australians, which is 1 in 5 people, have a disability and almost 90% of disabilities are not visible. The United Nations Convention on the Rights of Persons with Disabilities defines disability as: a long-term physical, mental, intellectual, or sensory impairment which in interaction with various barriers may hinder a person's full and effective participation in society on an equal basis with others.

Interestingly, there is no indigenous word for disability; a perfect example of social inclusion. Social inclusion has been shown to have numerous benefits. This includes:

- Improved physical health;
- Enhanced mental health;
- Improved social skills;
- Increased independence and empowerment.

There were plenty of smiles and shrieks of excitement as people of all ages and from as far as Colac came to take advantage of this opportunity to catch a wave in the Port Campbell Bay and take a guided beach wheelchair ride along the sand and around to the suspension bridge.

TDHS resident John Wilson didn't need a lot of persuading to be hoisted into the beach wheelchair. John, who was diagnosed with Primary Progressive Multiple Sclerosis (PPMS) in 1983 and has been in a wheelchair for about 20

years, was able to dip his toes in the Port Campbell Bay again after 30 years! "Before ending up in the wheelchair, I adapted to using walking sticks, which meant I couldn't walk on the sand," John said. He said he had the day of his life and it was a joy to see so many happy faces.

PCSLSC volunteer and TDHS Allied Health Assistant Tracey Heeps helped her energetic 14 year old niece Maddy, who has a chromosomal condition called Cri du chat, and who loves the water. "Water is Maddy's happy place, so when this opportunity came along, my brother Dan signed up both Maddy and her younger brother Austin for the surfing experience." Tracey said. The "Dune Buggy" (Maddy's words) transferred her down to the many secure arms of the DSA Warrnambool crew to help her catch three waves in absolute safety and joy.

"Even though Maddy was tucked out, she insisted on completing the rest of the beach walk, traversing the sand for another 30 minutes." Tracey said. "This beach day allowed both Austin and Maddy to try a new activity on equal footing; two very happy kids and a very proud and grateful Dad!"

At 2 pm a presentation was delivered by passionate local Brendan Hyland about the Port Campbell Accessible Beach Initiative "Advocacy Campaign", which aims to increase accessibility to the nearest patrolled beach to one of Victoria's most high-profile tourist attractions fostering inclusion and equity for all members of the community. Brendan's passion was even more apparent when he showed photos of his disabled nephew, who can only communicate by facial expressions, wearing a huge smile on his face sitting on a sandy beach.

The event concluded with an Access and Inclusion Panel Discussion hosted by PCSLSC volunteer (event initiator) and TDHS physiotherapist James Czencz. The panel consisted of Corangamite Shire Councilor Jo Beard, who was diagnosed with PPMS in 2017, Emma Olivier, founder and CEO of Twenty Percent and having been born without a left hand, and Patrick Caruana, Corangamite Shire's Rural Access Officer, responsible for delivering actions from the Shire's Disability Inclusion Plan 2020-2025.



All three talked with positivity and humour about their journey with a disability and how they embraced and owned their disability. They concurred that their disability increased their creativity, agility, persistence, openness, forethought, and capacity for solving problems. They were happy for people to offer their help, but they might just choose to take 10 minutes while they try to tie their shoelaces themselves!

When asked by Natalie Powell, PCSLSC Administration Officer and event initiator, what this awareness day would look like in 5 years' time, the panel members all agreed: that an awareness day like this would no longer be required and that we would live in a world where everyone could dip their toes in the water at any time and day!

By standing united in action, we can make meaningful strides towards a more inclusive and equitable world for all.



(l-r) David McKenzie, James Czencz and John Wilson



(l-r) Jo Beard, Emma Olivier and Patrick Caruana

A PROBLEM SHARED IS A PROBLEM HALVED - WORKING TOGETHER FOR A HEALTHY COMMUNITY

Our 2023 Annual General Meeting (AGM) was held on Tuesday 21st November and for the first time since the start of the COVID-19 pandemic we were able to have it back again at our healthcare service.

After the Acknowledgement of Country our Board of Directors Chair Frank Carlus guided the attendees through our healthcare services' vision and values, that we aspire to live up to every day and the focus of keeping people healthy and at home for as long as possible. He thanked our wonderful community for their generosity and giving us the opportunity to purchase updated training equipment, which was displayed in the room. He also expressed his sincere thanks to staff and volunteers, including the Board of Directors' members, for being highly committed and dedicated.

This was followed by a moment with our Chief Executive Officer, Gary Castledine, who reflected on the challenges and changes our healthcare service continued to face during this financial year being part of a regional and statewide system and how this has tested the resilience of our staff. He expressed his gratitude and pride for the efforts of our staff, who ensure we continue to provide the services the community has become accustomed to at the high level we are known for.

Chair of our Finance, Audit and Risk Committee, Anthony DeJong, was very excited to present an overview

of the financials showing a breakeven budget and Ashley Nessler, Chair of our Clinical Governance, Quality and Credentialing Committee showed how our healthcare service ensures safe and quality care as well as our clinical achievements during 2022-23.

During 2022-23 the People, Culture and Remuneration Committee was established, and Chair Claire Murphy explained the purpose of this committee and the important focus to work with staff on if and how our healthcare service can improve.

Our Consumer Advisory Committee, affectionally known as the CAC, plays a vital role in being an essential link between our community and the healthcare service and Chair Bronwyn Rantall presented the list of work the committee was able to complete during the 2022-23 financial year and how the committee continually provide strategic advice from a consumer, carer, and community perspective.

We were very privileged to have guest speakers Jo Beard and Shane Dean from the Rural Financial Counselling Service (RFCS) Victoria West present at our event. TDHS is part of a group of local healthcare services and organisations working with this important service to provide help for farmers and regional small businesses in Western Victoria.

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

across generations. Working on a farm or having a small business is hard work and 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.

Financial problems are not just figures on paper that need a clever accountant and some time to fix. They can fill you with constant worry and drain your mental reserves as you try to retain some sort of normality in day to day living.

Jo, RFCS Community Liaison Officer, and Shane, RFCS Financial Counsellor explained passionately about how the RFCS services can assist to gain a better financial understanding and improve wellbeing. The RFCS workshop Talk the Talk is aimed at agricultural suppliers and service providers wanting to help customers with suspected mental health problems.

Their support is free and confidential, and you can call them on 1300 735 578 or visit www.rfcsvictoriawest.com.au for more information. We are very excited about this partnership so stay tuned for more details about a Talk the Talk workshop at our healthcare service in 2024.

Copies of our 2022-23 Annual Report and Quality Account Report are available at our Reception and on our website.



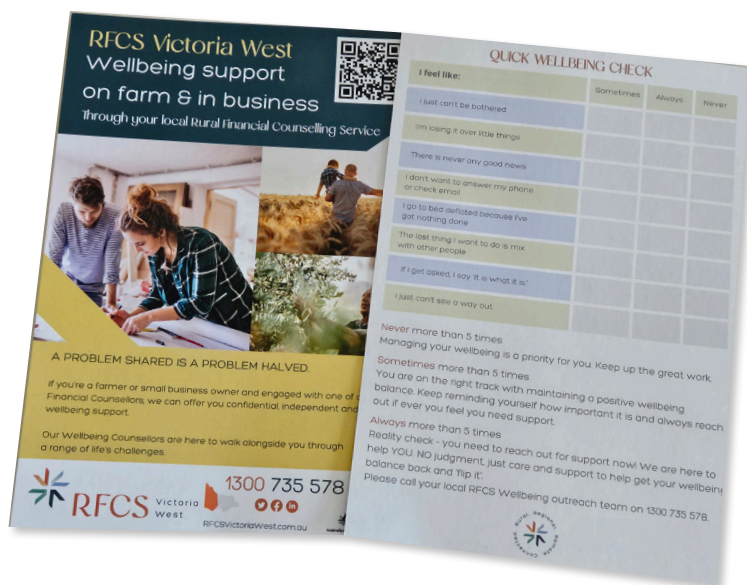
Jo Beard



Shane Dean



Take the time
Ask them how you can help
Listen without judgement
Keep supporting



Celebrating the beating heart OF TDHS: OUR STAFF AND VOLUNTEERS!

On 21st November TDHS held their 5th annual Heart of TDHS Staff and Volunteer Awards night, which is a celebration of our dedicated staff and volunteers, the beating heart of our healthcare service.

We were very excited that after two years of holding the event virtually, and postponing the event from the usual March date, all due to COVID-19, we could finally get together in person at the Port Campbell Surf Life Saving Club Sunset Room overlooking the beautiful Port Campbell bay.

While TDHS staff and volunteers enjoyed tasty finger food and a beverage, Chief Executive Officer Gary Castledine opened the night by acknowledging the great work TDHS staff and volunteers do. "Whether you are an award recipient tonight or not – I would like to take this moment to formally acknowledge and recognise the hard work, dedication, commitment and enthusiasm, but above all resilience of all our staff and volunteers that make up our healthcare service." Gary said.

On the night the following Awards were presented:

- Service Awards;
- Heart of TDHS Volunteer Award;
- Heart of TDHS ICARE Dr Peter Fox Staff Award.

The TDHS Service Awards were a remarkable collective of 300 years by 19 recipients, ranging from 10 years to an incredible 45 years by TDHS District Nurse Corry Kerr, who received a standing ovation from her peers.

The collective number of years our TDHS volunteers have dedicated to our healthcare service since its inception is boundless and TDHS is grateful for all our volunteers and their dedicated hard work, depth of commitment and the invaluable donation of their gift of time and energy. We could not operate without our volunteers; they make our community stronger, especially during times of need, crisis, or isolation.

The Heart of TDHS Volunteer Award is for the Most Outstanding Service as a volunteer, who is nominated by their peers for going above and beyond their duty as a volunteer and this year's winner was Cobden based community

transport volunteer Sue Lyons. She was nominated because of her compassion through understanding, caring and listening to those who are alone.

"Sue often goes above and beyond her expected volunteer role to assist someone who needs help. It might be popping into the shops for milk, collecting something from the local chemist or phoning family to pass on a message."

Unfortunately, Sue was not able to attend the Awards night, but she was very grateful for the acknowledgement. "I love all my clients and became friends with many of them sharing their stories and history." Sue said. "It is a privilege to have received this honor, but we don't do this to be recognised."

Community Care Worker Janet Goodall received the ICARE Dr Peter Fox Staff Award. The Award is named after Dr Peter Fox, who served the community for over 50 years and whose work defines the history of our healthcare service.

The coveted award acknowledges the outstanding contribution made by a staff member each year, who demonstrates the healthcare service's ICARE values, Integrity, Compassion, Accountability, Respect and Excellence, to an exceptionally high level and goes above and beyond in their role.

The recipient of this award:

- makes a difference;
- lives and breathes these values in every action that they undertake;
- deserves to be acknowledged for their exceptional contribution, their willingness to work with others and their commitment to the community;
- basically, the recipient of this award is the sort of person, who consistently goes above and beyond.

TDHS peers nominated Janet for displaying all of the TDHS values, but the most outstanding one was Compassion. "Janet goes above and beyond for TDHS clients. She willingly takes clients to Geelong for appointments often staying for hours. She is an advocate for those who have difficulty understanding what is

discussed at appointments."

Janet couldn't have been more surprised and was completely overwhelmed. "I love working in the community and making sure my clients are cared for in the safest and kindest way."

After the official proceedings, attendees continued the celebrations laughing and chatting with colleagues and/or busting a move on the dance floor.

"It's often difficult to stop and take time out of our busy day-to-day schedules to formally recognise the fantastic work that our team does." CEO Gary said. "They are our most valuable asset, and being able to highlight their contributions and celebrate their successes is a huge component of building appreciation and fostering a deeper sense of unity and belonging. It also reinforces cohesion among the team as everyone is working toward a common goal."



Service Award Recipients



(l-r) Frank Carlus, John Fox and award recipient Janet Goodall



Volunteer Award recipient Sue Lyons

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

DECEMBER

December – Decembeard Bowel Cancer Awareness Month,

1. Exercise Physiologist, Occupational Therapist, Timboon SSG
 4. Exercise Physiologist, Physiotherapy, Timboon Walking Group
 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, Timboon Walking Group
 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., 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, Timboon Walking Group
 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. Christmas Day**
- 26. Boxing Day**
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. Exercise Physiologist, Occupational Therapy, Timboon SSG.

JANUARY

1. New Year's Day

2. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Private Dental, Social Worker, Timboon Men's Shed
 3. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Physiotherapy, Radiology
 4. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon Men's shed
 5. Exercise Physiologist, Occupational Therapist, Timboon SSG
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 24. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Physiotherapy, Radiology
 25. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed
- 26. Australia Day**
29. Exercise Physiologist, Physiotherapy, Timboon Walking Group
 30. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Private Dental, Social Worker, Timboon Men's Shed
 31. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Physiotherapy.

FEBRUARY

Ovarian Cancer Awareness Month, Febfast, Red Feb

1. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon Men's shed
2. Exercise Physiologist, Occupational Therapist, Timboon SSG
5. Exercise Physiologist, Physiotherapy, Timboon Walking Group
6. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Occupational Therapist, Social Worker, Continence Nurse, Timboon Men's Shed
7. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Radiology, Audiology
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27. Cobden SSG, Cobden Walking Group, Dietitian, Exercise Physiologist, Private Dental, Social Worker, Timboon Men's Shed
28. Cobden SSG, Exercise Physiologist, Maternal Child Health, Private Podiatry, Physiotherapy
29. Cobden Walking Group, Diabetes Educator, Dietitian, Exercise Physiologist, Maternal Child Health, Timboon SSG, Timboon Men's shed.

SSG = Social Support Group

The digital version of our Quarterly can be found on our website by visiting: [TIMBOONHEALTHCARE.COM.AU/NEWS-EVENTS/NEWSLETTERS](https://www.timboonhealthcare.com.au/news-events/newsletters)