



From the CEO

During this past month we have been busy working with the Architectural firm, Silver Thomas Hanley, finalising the plans for the new Community Services wing, following recent approval from the Department of Health to proceed.

Planning is a complex process but it is hoped we will be in a position to seek tenders by August.

The redevelopment will provide an expanded area for our increasing number of exercise and rehabilitation programs. It will include a health education room and an area for relocation of the Adult Planned Activity Group. Youth, maternal and child health, chronic disease management, diabetes education, family support and womens health will also be catered for.

In the acute area the hospital has recently purchased new cardiac and vital signs monitoring equipment, which utilises the latest wireless technology. This new system not only enhances our ability to both monitor patients in the emergency department and ward but it also offers increased comfort for patients. Funds raised by the Timboon Cruisers last year, a bequest and community donations have contributed to this significant purchase.

Janie M. Collier

New Website Launch Announcement

Timboon and District Healthcare has launched a new and improved website aimed at providing the most up-to-date information to patients, their families and the general public about all of the services provided.

The new site, which can be found at www.timboonhealthcare.com.au, not only has a fresh, smart look, but also offers in-depth information about departments and

services, an interactive calendar of current programs, employment information and access to the health services newsletters and reports.



New Staff

We welcome Steffi Persson

Steffi's role as the Timboon Family Services Support Worker will be able to provide information, education and counselling for families. Whether it is an individual, group counselling, outreach support and/or information regarding a specific issue.

The Family Service Support Worker aims to offer free and confidential service to individuals, families and the community. The focus will be to provide a range of strategies to overcome difficult circumstances.

Timboon CRUISERS

Congratulations to the Timboon Cruisers and a big thank you to all the community sponsors who have helped the Cruisers raise \$9,500 in this year's Murray to Moyne Cycle Relay event. The cheque was handed to President John Renyard at the Cruisers annual dinner. Tribute at the dinner was paid to the key role Elaine Finnigan has played over the past fifteen years as Secretary of the Cruisers and to Marilyn Serong, who for a similar number of years has driven the support vehicle. These funds will provide equipment for the new community services wing.



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Timboon and District Healthcare Theatre

What is behind the darkened corridor and large plastic doors at Timboon and District Healthcare Service? Who are those people that wear the blue tops and blue bottoms with caps on their heads?

We are the operating theatre team at Timboon and District Healthcare Service.

We are often asked if the operating theatre is still working at Timboon. The answer is YES

We have visiting surgeons that cover the areas of

- Mr B Mooney (general surgery/ urology)
- Mr C Charnley (physician / endoscopy)
- Mr C Beaton (midwifery / gynecology)
- Ms L Uren (midwifery/ gynecology)
- Mr D Robert (general surgery)

These services run every second week.

So how do you get on a surgery list?

Your General Practitioner will need to refer you to the appropriate specialist. If a surgical procedure is necessary you may enquire about having the procedure at your local health service.

So who put's you to sleep?

Dr W Rouse a GP anaesthetist or the Warrnambool Anaesthetist Group provide their services to the visiting surgeons.

Who will look after you?

Timboon and District Healthcare has a team of dedicated nursing staff from admission to discharge. They continually keep up to date with best practice and current nursing care.

ALL YOU HAVE TO DO IS ASK

If you have any other question or concerns about Timboon and District Healthcare Theatre Services Contact: Michelle Selten or Anne McMeel on 5558 6000

Bowel Cancer Awareness

Are you at risk?

- 1 in 12 Australians will be diagnosed with bowel cancer by the age of 85.
- It affects both men and women of all ages.
- Bowel cancer is the second largest cause of cancer deaths in Australia.
- Of the 261 newly diagnosed cases each week, 73 people die from the disease.
- If caught in time 90% of bowel cancer cases can be treated successfully.

The risk is greater if you-

- Are aged 50 years and over (risk increases with age).
- Have personal or family history of bowel cancer or polyps.
- Have had an inflammatory bowel disease such as Crohn's disease or ulcerative colitis.

Prevention

While no cancer is completely preventable, you can lower your risk of bowel cancer by eating a healthy diet and exercising regularly. Enjoy a wide variety of nutritious foods -

- eat plenty of vegetables, legumes (dried beans, peas or lentils), fruits & cereals (breads, rice, pasta & noodles), preferably wholegrain.
- include lean meat, fish and poultry.
- include milks, yoghurts and cheeses. Reduced fat varieties should be chosen where possible.
- drink plenty of water.

Take care to -

- limit saturated fat and moderate total fat intake.
- choose foods low in salt.
- limit your alcohol intake if you choose to drink.
- consume only moderate amounts of sugars and foods containing added sugars.

And - quit smoking.

Bowel Cancer Screening

Screening involves a test for bowel cancer in people who do not have any obvious symptoms of the disease. The aim is to find any polyps or to find cancer early when they are easier to treat and cure.

We encourage all Australians who are aged 50 and over, who do not have symptoms or a family history of bowel cancer, to undertake bowel cancer screening.

If you are turning 50, 55 or 65 you will receive a free bowel test in the mail.

Talk to your doctor or Timboon and District Healthcare Service Staff about your screening options.

Timboon Men's Shed

After initial consultation with the community and the nomination of a steering committee to begin official planning, the Men's Shed group visited the shed's of Melton and Simpson to gather ideas.

The Timboon Men's Shed officially met and began activities on the 11th May. They meet every Tuesday 9.30 – 3.00pm and Thursdays 9.30 – 12.30 at the Old Baptist Church, Bailey Street Timboon. Lunch will be included on the Tuesday.



Maternity Services Unit at Timboon and District Healthcare Service

The Timboon & District Healthcare Service is based on a midwifery model of care. This means that all care is provided by and / or co-ordinated by midwives.

The midwifery model of care in Timboon is based on a successful New Zealand model where 85 per cent of mothers now give birth with midwives as the primary carer.

Timboon and District Healthcare Service implemented the service over the past two years and is pleased that local residents are embracing the model.

The success has prompted other hospitals to look towards Timboon for guidance in implementing their own midwife birthing service.

Timboon has seven qualified midwives, including three primary midwives. The health service also has a fully-serviced, single room for new mothers.

The Timboon service provides midwifery care to pregnancies considered low risk.

What is a low risk pregnancy?

- First time mothers with no medical or family history that may complicate the birth of the baby.
- Mothers who have successfully given birth with no complications before.

What is a risk?

- Obesity
- Age (40 years +)
- Previous Caesarean Section
- Gestational Diabetes
- High Blood Pressure
- Morbid Obesity

What services are available in the Maternity Unit?

- Pregnancy Confirmation.
- Childbirth Education Classes.
- Care with a known midwife through pregnancy, labour, birth and the post natal period.
- Birthing for low risk women in a safe environment.
- Visiting obstetrician once per week to see those women referred by the Midwife and to collaborate with the Midwifery team in planning client management.



- Booked Caesarean Section.
- Care for premature babies on return from the special care nursery at a more specialised hospital.
- Emergency care and stabilisation prior to transfer to a more specialised hospital.
- Arrangements of referral to an alternative hospital for those high risk pregnancies or those requiring antenatal diagnosis – eg amniocentesis, Lactation Consultants.

Midwives are skilled to provide the relevant care to women during labour and the post natal period. Midwives are able to recognise any issues during the ante-natal period or labour and manage the issues appropriately. This could mean transferring woman to specialist care like South West Healthcare Warrnambool.

Women who have or develop risk factors for pregnancy and birth need to see a specialist obstetrician. These women will be unable to birth at Timboon & District Healthcare Service and will need to investigate alternatives, depending on their situation.

Midwives are actively involved in education and upskilling to be able to provide routine as well as emergency care.

For More Information Contact Anne McMeel at Timboon & District Healthcare Service

Ph: (03) 5558 6000



Cooking for One

Stuck for ideas in the kitchen? Need to learn how to downsize meals now that your children have left home? We have the program for you!

The Cooking Small, Eating Well program is a flexible demonstration-based healthy eating and cooking program. The program aims to:

- encourage and motivate people to eat well
- maintain health and independence
- build skills and knowledge in nutrition

It focuses on the preparation of quick, easy and nutritious meals for one or two. It is a great opportunity for men and women, who are living alone, having trouble downsizing meals after cooking for their large families, lost motivation in the kitchen, lost their partner or who have not been responsible for cooking before. The program is not only a learning experience but another chance to socialise or to meet new people.

To find out when the next program is call 5558 6049.

Calendar of events - June

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|--|---------------------|-----------|
| May 31 Speech, SWIMMING BUS Walking Group Bounce Back with Babes Rehab | 1 Men's Shed Tai Chi Gentle Exercise Public Podiatry Physio School Dental Adult Planned Activity Group Cobden | 2 Chiropractor Strength Training Rehab Better Balance Circuit Adult Planned Activity Group Cobden | 3 Men's Shed Speech Bookworms Adult Planned Activity Group Timboon | 4 Tai Chi, Circuit Strength Training Rehab Physio Dental Diabetes Education Adult Planned Activity Group Timboon | 5 | 6 |
| 7 Speech, SWIMMING BUS Walking Group Bounce Back with Babes Rehab | 8 Men's Shed Tai Chi Gentle Exercise Dietitian Adult Planned Activity Group Cobden | 9 Chiropractor Physio Strength Training Rehab Better Balance Circuit Friendlies Adult Planned Activity Group Cobden | 10 Men's Shed Adult Planned Activity Group Timboon | 11 Tai Chi, Circuit Strength Training Rehab Physio Adult Planned Activity Group Timboon | 12 Dental | 13 |
| 14 Speech, SWIMMING BUS Walking Group Bounce Back with Babes Rehab | 15 Men's Shed Tai Chi Gentle Exercise School Dental Physio Public Podiatry Adult Planned Activity Group Cobden | 16 Chiropractor Strength Training Rehab Better Balance Circuit Adult Planned Activity Group Cobden | 17 Men's Shed Speech Adult Planned Activity Group Timboon | 18 Tai Chi, Circuit Strength Training Rehab Physio Dental Diabetes Education Adult Planned Activity Group Timboon | 19 | 20 |
| 21 Speech, SWIMMING BUS Walking Group Bounce Back with Babes Rehab | 22 Men's Shed Tai Chi Gentle Exercise Adult Planned Activity Group Cobden | 23 Chiropractor Physio Strength Training Rehab Better Balance Circuit Friendlies Adult Planned Activity Group Cobden | 24 Men's Shed Adult Planned Activity Group Timboon | 25 Tai Chi, Circuit Strength Training Rehab Physio Adult Planned Activity Group Timboon | 26 Dental | 27 |
| 28 Speech, SWIMMING BUS Walking Group Bounce Back with Babes Rehab | 29 Men's Shed Tai Chi Gentle Exercise School Dental Physio Adult Planned Activity Group Cobden | 30 Chiropractor Strength Training Rehab Better Balance Circuit Adult Planned Activity Group Cobden | July 1 Men's Shed Speech Bookworms Adult Planned Activity Group Timboon | 2 Tai Chi, Circuit Strength Training Rehab Physio Dental Diabetes Education Adult Planned Activity Group Timboon | 3 | 4 |

Community Noticeboard

Timboon Arthritis Support Group

Next Meeting on Friday 11th June

Lunch at Timboon Railway Shed at 12

Followed by Meeting at Timboon Healthcare at 1.30pm - Pharmacist will talk on medication.

FOR MORE INFORMATION CONTACT

Paula Steen 5598 3179 or

Robyn Drake 5598 3190

New members always welcome!

Well women's clinic

A nurse skilled in the area of Women's Health conducts this service.

Appointments can be made by telephoning 5558 6049

TIMBOON: Available anytime

COBDEN: 16th June 2010

*This service is FREE.
Don't just sit there. Have a Pap smear every 2 years!*

Bookworms

Next Sessions

Thursday 3rd June 9.30am - 10.30am

Thursday 1st July 9.30am—10.30am

Thursday 5th August 9.30am – 10.30am

Living with cancer education program

The program is free and provides information and support for people with cancer and their family

Topics include: What is cancer?

Cancer treatments and myths, enhancing quality of life, relationships and self esteem, communicating and healthy eating.

The program is run by trained health professionals

Date: 8th July Time: 10am– 4pm

Where: Timboon and District Healthcare Service

Contact Amanda Nash 5558 6049 for information

Swimming Bus

To Aquazone every Monday

Aqua Aerobics, Swim or Gym

Bus departs for Aquazone 9am sharp from bowling club car park and returns to Timboon approx 12.30pm.

Cost - Aquazone Pool charges.

Bookings essential on 5558 6049

Walking Group

Every Monday at 10.30am.

Meet on the corner of Wark Street and Hospital Road.

HAIL, RAIN or SHINE.

Well sheltered walk.

Everybody welcome!

Exercise to music

Timboon Hall Supper Room

From 10.00—11.30,

with a cuppa in between

Everybody welcome!

Swimming Colac

Every Wednesday.

Departs Timboon 8.30am

via Cobden and Camperdown.

Returns 1pm - \$5 plus pool costs