



MITCHELL  
Community Health  
Services

# Community Health News

June 2008

Providers of health and social support services within the Shires of Mitchell and Murrindindi  
Working actively with communities to improve health and wellbeing outcomes and to prevent illness.

## “Winning Health On The Move”

### Snake Bite First-Aid Kit Wins MCHS Victorian Finalist for “Innovation in Nursing Award 2008”



Kylie Nadenbousch Victorian Finalist with Tracey Webster from MCHS at Hesta Nursing Awards

Congratulations to Kylie Nadenbousch of Mitchell CHS for her nomination as the Victorian finalist for “Innovation in Nursing” at the Hesta Australian Nursing Awards 2008. She won the State category for her innovation and tireless work with the “Snake Bite First-Aid Kit”. Kylie first put these kits together in February 2007 with the increase in number of snake bites, and local sightings of snakes due to the drought. The kit contains comprehensive, clear snake bite first aid instructions (including pictures), two elasticised bandages, and a sling. Everything you need for fast, efficient management of snake bite until you can get medical attention. The Snake Bite First Aid Kits can also be used as part of fundraising activities for schools, community groups or sporting clubs. Kits are available for \$10 each through Mitchell CHS, 72 Ferguson Street, Broadford.

### Breast Screen Victoria is coming to Broadford

It's important, it's free & it's here. In June/July at Mitchell CHS the Breast Screening Van will be available to women over the age of 50 for their 2 yearly scan. To book an appointment please phone 13 20 50. **For more information please go to [www.breastscreen.org.au](http://www.breastscreen.org.au)**

### Strength Training at Mitchell CHS

At least half of the age-related changes to muscles, bones and joints are caused by disuse. Some of the effects of ageing include increased body weight, reduced muscle size, strength and endurance, reduced bone density and reduced physical function. Also, the incidence of osteoporosis and type 2 diabetes increases with age. The good news is that these effects may be prevented and even reversed!

There is good scientific evidence showing that strength training can regain muscle mass and strength, no matter what a person's age. It will also improve balance, walking and coordination which may help to reduce falls. Strength training is an effective means of preserving bone density, and when combined with a restricted diet, is an effective management strategy for Type 2 Diabetes. It can also be of benefit to those suffering from arthritis and depression.

Mitchell CHS are running another 8 week “Living Longer Living Stronger” program based at Broadford. The program uses progressive strength training for people aged 50 and over. Classes will be run by a Physiotherapist, on Tuesday and Thursday, commencing Tuesday 17th June from 11.30-12.30pm. Cost is gold coin donation. Contact reception to register your interest in attending.



### Is It Your Time To Quit?

If you want to know more about quitting smoking or are ready to QUIT please call Kylie at Mitchell CHS.

### Meals on Wheels Lunch

This year's Meals on Wheels Volunteer Luncheon was held during National Volunteers Week on 13th May. The luncheon is held annually to thank the volunteers in recognition of their valued work. The Broadford Golf Club certainly provided a beautiful view with huge windows facing over the Golf Course. The luncheon was catered for by Ken the Caterer and a lovely three course dinner was enjoyed by all. The day was a huge success attended by 89 Volunteers, Board Members and Staff. Mitchell CHS President, Anne Thompson and CEO, Chris McDonnell welcomed and thanked all the volunteers for their huge contribution. Some volunteers have been assisting in the community for well over 20 years. Volunteers took part in fun quizzes, keeping them interacting with each other and on their toes. The highlight was the treasure hunt with a list of items each table had to find from their pockets and handbags. This was surprisingly won by two men. Winner prizes and door prizes were all kindly donated by small businesses in our surrounding community.

### Responsible Gambling Awareness Week

This year during Responsible Gambling Awareness Week, Yvonne Tunny, Gambler's Help Counsellor at Mitchell CHS brought the Responsible Gambling message to people in Mitchell and Murrindindi by setting up displays of helpful “hot tips” at venues across Mitchell and Murrindindi Shires.

“Gambling is enjoyed by many people” Yvonne noted, “but research shows that the more time people spend in gambling, the more likely they are to spend more money than they intended and so I want people to have some strategies to help them take control”. Whilst Yvonne said that she sees people who are having problems with all sorts of gambling, the most common reason for people to want to talk to Yvonne is because of problems gambling on Electronic Gaming Machines (EGMs), or “pokies” and with well over \$1.2 Million being spent in Mitchell Shire and over \$500,000 in Murrindindi each month, it is not surprising to find that Gambler's Help Services are well used.

Yvonne is keen to speak to anyone who has concerns about their own, or someone else's gambling. “Many people feel that gambling is something they should be able to stop easily, but in my experience, it is often very hard to deal with alone and that's where my service can help.” She said. “You don't even have to stop completely” she added. “Many people find that with a bit of support, they can change their gambling behaviour enough so that they can still occasionally have a flutter.” For more information contact Reception.

### Are you interested in a position on the Board of Management?

We currently have vacant positions on our Board. We are keen to hear from people that may have an interest in serving on the Board. For more information contact Reception.

### Carer's Support Group

The Carer's Support Group meet every third Thursday of the month 10.30am – 12.30pm at Mitchell CHS offices 72 Ferguson Street, Broadford. This group is for those caring for a parent or partner looking for some timeout to spend with others in similar situations. This group offers mutual support and information over a cuppa or lunch at a local café. Learn to take care of yourself by keeping physically and emotionally fit for the important job you do. Contact our office for more information.

### Career Opportunities at MCHS

There are various positions available for those interested in a career working in the Community Health Sector. Check out our website at [www.mitchellchs.org.au](http://www.mitchellchs.org.au) for more information.

For enquires about any of the above, please telephone: (03) 5784 5555

MITCHELL COMMUNITY HEALTH

Broadford - 72 Ferguson Street

Seymour - Callen Street (located on the Seymour Hospital grounds)

Wallan Community Health & Resource Centre - Shop 3/65 High Street

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