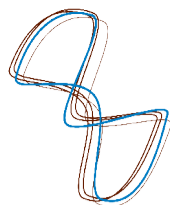


Community Health News

August 2010



Mitchell
Community Health

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.

Financial Counselling

This month, we are looking at tax and finance issues, given it is currently 'tax time'. The start of the new financial year also coincides with the issuing of Council rate notices.

Tax Help

If you are required to lodge a Tax Return following the end of the financial year, this may be done in various ways:

- Via an Accountant or Tax Agent
- Using E-Tax and lodging online with the Australian Tax Office (ATO)
- Or filling in a paper based Tax Return and mailing it to the ATO

For those experiencing financial difficulty and who are on low incomes, Tax Help volunteers may be able to assist with completing a Tax Return.

This free program is provided by the Australian Tax Office. To enquire or access the program locally, phone the ATO on 13 28 61.

Property Rates

The start of the new financial year also coincides with the issue of new property Rates Notices. If you are experiencing difficulties paying your Rates, it is best to contact your local Council's Rates Department to discuss the matter with them directly.

In addition, a Mitchell Community Health Service Financial Counsellor may be able to assist you with information and advice.

For more information about the services we can provide contact the Service Access and Care Coordination team on 1300 773 352.

Healthy Eating Ideas

Mitchell Community Health Service is continuing the focus on healthy eating this month.

We are currently producing a Healthy Eating pamphlet which will contain healthy recipes and shopping tips. If you have any recipes for healthy meals that your family love and you'd like to share with the rest of the community, call Sarah Every on 5784 5555 to make a contribution.

Lunch Ideas

Lunch is important for concentration. Whether eating lunch at home on the weekend or packing a lunch box the night before, consider a variety of healthy food options and include lots of vegetables.

Home lunch options:

- Toasted cheese and tomato sandwich
- Baked beans on toast
- Omelette with carrot, peas and corn
- Zucchini slice
- Evening meal left-overs

Portable fresh ideas include:

- Tuna bread roll with coleslaw and lettuce
- Vegetable sticks and dip
- Fried rice with lots of vegetables
- Multigrain dry biscuits with cheese, tomato and sprouts

Why not try a Bean Submarine...

Preparation time: 5 minutes

Cooking time: 10 minutes

Serves: 2

Ingredients:

- 2 tablespoons cooked red kidney beans
- 2 tablespoons corn kernels
- 1/2 spring onion, sliced
- 1/4 carrot, grated
- 50 g reduced fat tasty cheese
- 2 teaspoons mild taco sauce
- 2 wholemeal bread rolls

Method:

1. Mix the kidney beans, corn, spring onion, carrot, cheese and taco sauce in a bowl.
2. Split rolls along one side and pull out some of the bread from the middle of each roll.
3. Spoon bean mixture evenly into each roll. Wrap roll tightly with foil and bake at 180°C for 10 minutes.

From: <http://www.goforyourlife.vic.gov.au/>

Service Information

The Happiness Group

Interested in joining a group? Are you heading to your GP soon? Why don't you grab a referral for the The Happiness Group – a fortnightly group run out of the Kilmore Physiotherapy Centre in Kilmore.

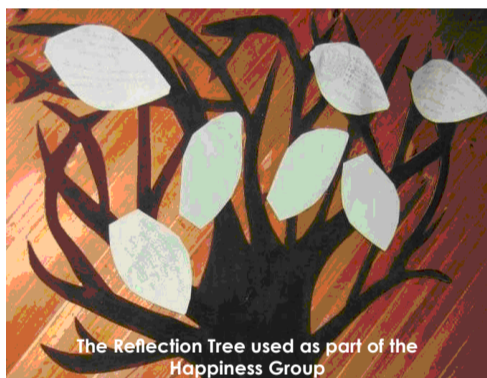
The group is organised by Psychologist, Lisa Costantin and is aimed at assisting people who want to work on their personal development, wellbeing and create personal change in their lives.

The group is a great example of connecting with others who are also on the same journey of self discovery, introspection and taking time out to self-reflect from time to time.

The types of discussion topics covered are: self esteem and confidence, communication skills, developing self-acceptance, meditation, assertiveness, self-nurture and many more.

The group is a great example of a productive working partnership between the Kilmore Physiotherapy centre Director, Marg Perrot and Mitchell Community Health Services, working together to provide the community with new opportunities to improve mental health and wellbeing.

For more information call Lisa on 5784 5555 or Marg on 5782 2568.



The Reflection Tree used as part of the Happiness Group

Better Health Self Management

The next Better Health Self Management course will be held in Wallan, Wednesday 4th August 2010.

It is a six week course, for people with chronic disease who wish to improve their health management.

Call Kylie on 5784 5555 for more information and booking.

Look Good Feel Better

Ladies ~ are you currently undergoing treatment for cancer? We have a great morning out for you!

A Look Good... Feel Better workshop gives you the opportunity to look and feel your best as you undergo chemotherapy or radiation treatment.

In a relaxed, fun atmosphere learn to apply make-up, scarves and wigs in a way that deals with appearance changes you may undergo as a result of treatment.

As well you will meet other local ladies undergoing cancer treatment ~ Letting you know you are not alone!

When: Date Monday September 13th

If sufficient registrations received extra workshops will be arranged, so please book if you are interested.

This workshop is free and includes a fabulous morning tea provided by Lyme Spyder Café, Kilmore. The workshops are held at Kilmore District Hospital, and registrations are essential.

Feel free to bring a friend/support person (just let us know when you register so we can cater for them). For full details and to register please phone Mitchell Community Health on 5784 5555.



Service Access and Care Coordination (SACC)

P: 1300 773 352 F: 5784 5525 E: serviceaccess@mitchellchs.org.au

Mitchell Community Health Service is located in Broadford, Wallan, Seymour, Kinglake, Alexandra, Yea and other sites in Murrindindi by negotiation.

Broadford Reception: 5784 5555 Web: www.mitchellchs.org.au