



MITCHELL
Community Health
Services

Community Health News

July 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.

"Managing Your Good Health"

It's Important. It's Free. It's Here.



The BreastScreen Victoria Van has arrived at our Broadford site and is open for business until mid July. Breast screening is available to women over the age of 50 for their 2 yearly scan.

To book your appointment for this FREE service please phone 132050. For more information go to www.breastscreen.org.au

Are you a person with a disability or a carer?

The Wallan Partnership Project, in conjunction with Mitchell CHS, is working towards an innovative approach to service delivery in the Wallan area.

If you have an interest in disability, are a person with a disability, or a carer of a person with a disability, we want to hear from you.

We are seeking people in Wallan and surrounding communities with all abilities, who would like to give their thoughts on the following:

- **What services are currently accessed in the Wallan area?**
- **Which services you think you require in Wallan?**
- **Why you don't participate in some services and community groups?**
- **Any community groups that you would like to access.**

Short surveys to gather this information have been developed and can be collected from Wallan Community Health and Resource Centre, or by contacting Laura Colliver, Lower Hume Rural Access on: 5783 0003 or: laurac@mitchellchs.org.au

Upcoming Events

Wallan Diabetes Support Group: Tuesday 24th June, 11:30am – 1:30pm. Topic: "Starting insulin, what you need to know". New members welcome. Remember to bring your lunch for a short lunch break between 12:00pm – 12:30pm.

Seymour Diabetes Support Group: Monday June 30th 11:30am – 1:30pm. Topic: Medications for Diabetes and other general advice. Remember to bring your lunch for a short lunch break between 12:00pm – 12:30pm.

Broadford Diabetes Support Group: Thursday 17th July 2:00pm – 3:30pm. Topic: Medications for Diabetes and other general advice.

No registration required. All are welcome to these sessions. Please contact Mitchell CHS on 5784 5555 for further information.

Juvenile Diabetes Support Group: Saturday 2nd July 3:00pm in Wallan.

Please contact Kylie through Reception for details, or community member Leanne Jones on 5783 2300.



Look Good Feel Better Workshop: Monday 28th July. For ladies experiencing cancer wanting a fun and informative morning out, learn lots of tips to maximise your wellness during cancer treatment. A lovely morning tea will be supplied courtesy of Blossom's Cafe.

Call Reception to register your details.

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.

Dementia Information Session

Thursday 18th September 1:00pm – 3:00pm. Presented by Alzheimers Victoria at Broadford. Please contact Reception as bookings are essential.

"Diabetes Essentials"

The Diabetes Essentials two-part program is for people who:



- **Are newly diagnosed with diabetes or pre-diabetes eg. impaired glucose tolerance.**
- **Have had diabetes for a while and are having difficulties managing it.**
- **Have never received adequate information/education about their diabetes.**

Nutrition (with Diana)

Broadford Mon 14th July 1.00pm – 3.00pm
Seymour 17th July 10.00 am – 12.00pm
Wallan 30th July 1.00 pm – 3.00pm
Broadford 14th August 9.00 am – 11.00 am

Diabetes Management (with Kylie)

Broadford Wednesday 23rd July 9.30am – 12.30pm
Wallan Thursday 24th July 09.30am – 12.30pm
Broadford Tuesday 5th Aug 1.00pm – 4.00pm
Wallan Thursday 7th August 9.30am – 12.30pm

Clients are to register through Intake only. It is advisable that each client attends the Nutrition and Diabetes management sessions as they are very comprehensive and provide a good start for most people. The sessions will cover monitoring blood glucose levels, self care, medications, nutrition, food label reading, managing cholesterol levels, complications of diabetes and full explanation of what diabetes is. You can choose which dates you want. Contact Mitchell CHS on 5784 5555 to register and for further information. A doctor's referral is not required.

Welcome to Fay McCormack

Fay has recently come on board here at Mitchell CHS, with her vast experience as a Drug and Alcohol Counsellor. Fay is the only Australian to hold a Master of Arts in Addiction Counselling from the Hazelden Graduate School of Addiction Studies in Minnesota. Fay will provide a range of psychosocial treatment and support services in the Mitchell and Murrindindi Shires, including:

- **Individual or group-based interventions.**
- **Relapse prevention.**
- **Cognitive-behavioural interventions.**
- **Motivational interviewing.**
- **Control use interventions, and**
- **Psychotherapy.**

Services to carers and families of those affected by alcohol and drug use are also available. To make an appointment please contact Reception.



Drug Action Week Targets Binge Drinking

Mitchell CHS in conjunction with local police and school welfare co-ordinators, held a half day forum for Year 10 students on Tuesday 24th June. 65 students from Wallan Secondary College, Assumption College, Broadford Secondary College and Seymour Technical High participated in the event. Student involvement included most of the schools producing film/media relating to this year's theme around alcohol and associated issues of misuse, in particular binge drinking. The students also enjoyed participating in group discussions around the issue of alcohol abuse. A guest speaker was invited, a young local, who spoke quite candidly about his recent life experiences with alcohol abuse and the serious consequences that he now has to deal with.

Keep a Look Out For:

Better Health Self Management Program - October
This program aims to encourage community members with chronic illness to optimise their health through self management techniques. The course will be run in Broadford in October 2008 – **Look out for details in our next column.**

For enquiries 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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