



MITCHELL  
Community Health  
Services

# Community Health News

August 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.**

## “Connecting Mitchell for Better Health”

### Transport Connections Launched at MCHS



Back Row L-R: Ben Hardman MP (Member for Seymour), Greg Jones (Connecting Mitchell Spokesperson), Justin Madden MP (Minister for Planning), Cr. Bob Humm (Mayor Mitchell Shire), Bill Coppinger (CEO, Central Ranges Local Learning Employment Network). Front Row L-R: Ainslie Leggo (Residents Action Group), Lisa Linton (Community Development Coordinator, Mitchell Shire Council), Chris McDonnell (CEO, MCHS), Alice Soloman (The Seymour We Want), Rowena Exell (Health Promotion Officer, MCHS), Anna Dominguez-Smith (The Seymour We Want).

Mitchell CHS hosted the Launch of “Transport Connections” on Thursday 24th July 2008, a Victorian Government initiative to map current transport infrastructure in the Mitchell Shire and seek community representation, involvement and ownership of future transport solutions. Ben Hardman began proceedings followed by speakers Justin Madden, Chris McDonnell and Greg Jones. The Connecting Mitchell Steering Committee comprises a vast cross section of members with representatives of community groups such as the Mitchell Bicycle Users Group, the Seymour Neighbourhood Renewal project and an elder from the local indigenous population in Seymour.

Whilst the partnership of formal organisations such as the Dept. of Transport, Shire Council and Community Health Services provide the tools to implement such programs, it is an opportunity for the community to take a lead and drive the decisions about their transport connection needs.

Connecting the Mitchell Shire Community through improved transport infrastructure can only lead to better health and social outcomes for all.

### Mitchell Community Bus

**Affordable Community Transport  
for Groups in the Mitchell Shire.**



Available for hire is one 9 seater Community Bus with a hoist for passengers with disabilities and one 12 seater Community Bus. To find out more contact: The Contact Place, 47 Anglesey St, Seymour, phone 5792 4129 or Broadford Community Centre, 158-162 High St, Broadford.

Phone/fax: 5784 2043 Mb: 0400 545 413 Eligibility Criteria Applies.

### “Diabetes Essentials”

**Nutrition (with Diana)**  
Broadford: Thursday 14th  
August 9.00am - 11.00am

**Diabetes Management (with Kylie)**  
Broadford: Tuesday 5th  
August 1.00pm - 4.00pm  
Wallan: Thursday 7th  
August 9.30am - 12.30pm



**Orana Family Services** are offering the following free information sessions in association with MCHS for Parents and children under the age of six:

**Nutrition for Young Children**  
Friday 15th August, 10 am to 12 noon.

**First Aid for young children - Some Helpful Hints**  
Thursday 4th September, 10 am to 12 noon.

**Where is Orana located?** 29 Wellington St, Wallan.  
Call Nadine on 9308 8761 for enquiries and bookings

**Free childcare provided on site.**

### Upcoming Events:

**Loss and Grief  
Awareness Week**

**31st August – 6th September 2008**

Grief and loss is one aspect of life none of us can avoid. At some stage each one of us will have to confront the emotions of some form of loss. It is advisable to seek medical help or counselling if you are having prolonged sleep disturbances, suicidal thoughts, a prolonged sense of guilt or a sense of hopelessness that just won't go away, if you are starting to abuse drugs or alcohol to cope or if you are unable to keep on functioning in your usual role. If you are feeling stuck or overwhelmed, phone our Intake Worker.



GRIEF  
AWARENESS  
WEEK



**Kids Come Alive with  
“BOOKS ALIVE”  
Monday 25th August**

MCHS at Broadford will be running a hub of activity on Monday 25th August. Mothers, fathers and children aged 0-6 are encouraged to attend a special 'Books Alive' day, run by Mitchell CHS Speech Pathologists. The session is part of Speech Pathology Week 25th-31st August, an annual week aimed at informing the public about what speech pathologists do and the way they can help children develop good communication skills.

“Research has shown that learning to talk and learning to read are closely linked”, said Penny Porter, a speech pathologist who loves working with her young clients and their families. “Communication development involves so many skills developing alongside one another – learning how sounds are made, how we put words together, listening to and understanding what others are saying and developing the social skills about the correct way to talk to different people in different situations. Reading books to your child and playing games with sounds and words give children an amazing headstart in their communication development and make it easier to learn to read and write once they start school”.

Parents are given information about different activities related to preliteracy development and the speech pathologists will entertain children with a series of book readings. Parents can then join their children for some fun rhyming, syllable counting and sound and print recognition activities. Each youngster will go away with a scrapbook of their efforts and a show bag with goodies to encourage them to have fun playing with sounds and words and to continue enjoying books.

**For more information about Speech Pathology services at Mitchell Community Health Services and if you would like to attend the 'Books Alive' session on August 25th from 10:30am to 1:30pm, please contact reception.**

### 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.**



**The Jean Hailes Foundation  
for women's health**

The Jean Hailes Foundation will be presenting a session on Women's Health for our community at the Wallan Multi-purpose Centre, Bentinck Street Wallan, on Tuesday 2nd September, 2008 at 7:00pm-8:00pm (tea & coffee available from 6.30pm). Cost: Gold Coin donation at the door.

Topics covered will include:

- General health and wellbeing
- Emotional wellbeing
- Physical health issues
- Menopause

**To book please phone Reception**

### Humour and Caring

Presented by Carers Victoria this free workshop is being held in conjunction with the Kilmore Cancer Support Group meeting. (This workshop is open to all carers in the community)

**When:** Wednesday 3rd September 2008 - 10:00 am – 12:00 pm (bookings required) - Refreshments provided

**Where:** The Kilmore & District Hospital - Training Room, Bluestone Building, Rutledge Street, Kilmore.

**A workshop aimed at:**

- Fostering an understanding of the therapeutic benefits of humour
- Discussing the individual nature of what makes people laugh and how it lifts the spirits

**Register your interest with: Robyn Moylan by Wednesday 27th August 2008. Contact: 5734 2000 or Mb: 0408 719 282**

### Millers Fashion Parade

**When:** Tuesday 16th September  
**Where:** 72 Ferguson Street, Broadford, Activities Room  
**Time:** 1:00pm Cost: Gold Coin donation



**RSVP: Tuesday 9th September 2008,  
contact Angelique on 5784 5555.**

### Dementia Awareness

**Where:** 72 Ferguson St, Broadford  
**When:** Thursday 18th September, 2008  
**Time:** 1:00pm – 3:00pm (light refreshments provided)  
**Cost:** Gold Coin donation at the door

**To book please phone Reception.**

**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**

**TTY: (03) 5784 5525 Fax: (03) 5784 3314**

**Email: info@mitchellchs.org.au**

**Web: www.mitchellchs.org.au**