



MITCHELL
Community Health
Services

Community Health News

January 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.**

"2007 Reflections and a Preview at 2008"

We thank you the community for your support in 2007 and look forward to continuing to work towards achieving best health for all.

A Message from the Acting CEO, Jenny Buckingham

Last year was a challenging year for Mitchell CHS with the resignation of our CEO, Anne Jungwirth, in September. Anne was a strong advocate and energy force for many of our initiatives, and after her departure we entered a period of reflection and rebuilding. The future for Mitchell CHS remains positive and is beginning to take shape with a new Strategic Plan in place and a new CEO commencing in early February 2008. Further senior management appointments will also be made in 2008 following the retirement of Sue Fletcher, Director Health and Community Services in November 2007. Sue made the difficult decision to retire after 27 years of service to the Mitchell Shire Community initially as a District Nurse and then as a Senior Manager for the Mitchell Community Health Services. We wish you all the best Sue.

The year was also challenging for our clients who continue to be affected by the drought and other chronic health issues. There has been an increasing demand for our services in the past 12 months.

In 2008 we will continue to meet this demand by promoting healthy lifestyles and providing health interventions with the aim to reduce the impact and incidence of chronic disease.

In 2007 we achieved many of our objectives and initiatives, these included:

- Commencement of a Community Bus program
- Completion of the GASP Program (Get Active in Seymour Project)
- Look Good...Feel Better initiative
- Volunteer Luncheon
- Inaugural Quality of Care report
- Celebration of 10 years at our Broadford Site

- Development of the Wallan Partnership Project, including All Abilities Expo held in Wallan during December 2007.

2008 will bring other positive changes including: the expansion of our Seymour site with additional consulting rooms and new programs, groups and initiatives to compliment our wide range of services currently provided.

The anticipated population growth for the southern end of the Mitchell Shire will continue to require a sector wide response from all Health Services and levels of Government. Mitchell CHS will be keen to strengthen partnerships in 2008 with key agencies, government and community to ensure Primary Community Health Services are accessible and affordable in all areas across the Mitchell and Murrindindi Shires.

We look forward to working alongside the Community on these and other Health issues in 2008.
A happy and healthy new year to all.

Jenny

Highlights of 2007

Celebrating our Volunteer's Special Luncheon

A warm thank you was given to our wonderful volunteers for giving up their time to help deliver meals to the frail and elderly members of our community. Even though the drought appeared to break with sprinklings of rain, over 90 people attended a special celebration of our volunteers at the Broadford Golf Club. President, Anne Thompson, was guest presenter thanking volunteers. Not unnoticed was the support from the local businesses in Kilmore, Broadford and Seymour for their donations of door and raffle prizes. This generosity and Ken's Catering and Broadford Golf Club contributed to making the lunch a successful and enjoyable celebration.

Volunteers are an integral part of our agency and are valued. If you would like to know how to become more involved in your community by becoming a volunteer please contact Michelle Gibbs.

Look Good...Feel Better commenced in Broadford. These fun workshops help women face cancer with confidence. LGFB helps to boost self esteem and assists women to positive and gives confidence during cancer treatment.

GASP (*Get Active in Seymour Project*) was a highly successful project run with Seymour Neighbourhood Renewal. A highlight on many community recreational activities held over the past 12 months - Thai Chi, Active After School programs, navigational walks & rides, community walks and an Expo of local sporting groups and clubs in Seymour.

Community Bus for Hire in Mitchell Shire

a much welcomed DVC grant allowed for the purchasing of 2 community buses for disadvantaged groups/individuals to hire in the community of Mitchell Shire. The 12 and 9 seater buses are equipped with a hoist for people with disabilities and are based in Seymour and Wallan. For more details about sponsorship of the buses or terms of hire please contact Tracey.

Board of Management Election and Appointments were held during 2007.

Our Board of Management comprises 7 honorary members as follows:

President – Anne Thompson
Vice President – Faye Ure
Treasurer – Grahame Thom
Cameron Allan, Susan Allen, Des Callaghan, Yvonne Whittaker.

The Family Violence Team - were very active in the Mitchell Shire and Murrindindi Communities:

- Attendance at the Kinglake Community Festival
- Safe and Caring Community Local Derby weekend at Thornton as part of Drug Action Week – Drug, Alcohol and Family Violence Stall.
- Party Safe Expo at Seymour Technical High School- in partnership with the police, ambulance service, drug and alcohol team and the family violence service, Year 10 students.
- White Ribbon Day 25th November – International Day for the Elimination of Violence Against Women.

Inaugural Quality of Care Report for Mitchell CHS

The first Quality of Care Report was launched at the Annual General Meeting. This report accompanies our Annual Report is available in hard copy or online by visiting our website.

Girls Night In Fundraiser – This community event raised \$800 from the evening with just over 40 ladies in attendance. Guests enjoyed the belly dancing, giveaways, mini makeovers and cooking demonstrations. A great night was had by all with an emphasis on women's health in particular health checks including blood pressure and education on breast self examination.

Leading the way in Relationship Violence Prevention - Mitchell Community Health Services (MCHS) Family Violence Team has just released a world-first research report on adolescent girls' attitudes and responses to warning signs of intimate partner abuse. Kylie Murphy conducted the joint project with MCHS and RMIT University, and presented the results at the 2007 International Association of Relationship Research Conference held in November.

Drug & Alcohol Day Rehabilitation Program

December 2007 our Drug and Alcohol Team, Dietician, Financial Counsellor and Social Workers delivered a Day Rehabilitation Program for 10 days at the Seymour Centre. Six clients attended the program and enthusiastically engaged in what was a very comprehensive program of 18 subjects ranging from the human brain to nutrition to relapse prevention. Acting CEO, Jenny Buckingham presented certificates upon completion of the course. Feedback from the clients and workers was that the pilot was a huge success and the team anticipate running the program quarterly in 2008.

10 year Celebrations - "The Wiggles" music in the background set the scene when squeals of delight & excitement rang through the hallways on the afternoon of Wednesday 21st November. A 10th birthday celebrating the location of the Broadford building at 72 Ferguson Street was held. Children from surrounding schools & kindergartens attended the celebrations with their parents. Entertainment included healthy snacks prepared by the Dietitian & Diabetes Educator - Snakes & Ladders played on a giant canvas with a huge foam dice, fun story time tales and birthday cake was enjoyed by all.

The 2008 Year

A New Look Website

Visit our new look website at www.mitchellchs.org.au
Currently in the final stages of redevelopment, we welcome your feedback and suggestions as to how we can improve the website for our community. Please complete the feedback form by selecting Contact Us and completing the feedback/suggestion form online.

Diabetes Group

The groups in Seymour, Broadford and Wallan are looking forward to meeting new members and learning more about managing diabetes in a friendly group setting. For more details please contact Diana Chin.

Carers Group

This Broadford based group is looking forward to supporting new members who are carers in the Mitchell Shire community and welcoming them to their friendly monthly meetings. For more details please contact Marg Findley.

Strategic Plan 2007 – 2010

Mitchell CHS is in planning phase with the Strategic Plan for 2007 – 2010 close to completion. The plan will be available on our Website in January 2008.

30th Birthday (September 2008)

Mitchell CHS will turn 30 in September 2008. Keep your eye on local newspapers and our Community News Segment for special events planned to celebrate this milestone.

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

MITCHELL COMMUNITY HEALTH

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

Broadford - 72 Ferguson Street

Email: info@mitchellchs.org.au

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

Web: www.mitchellchs.org.au

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