



MITCHELL
Community Health
Services

Community Health News

February 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.

"Our Community"

A message from Chris McDonnell (Chief Executive Officer)

I look forward to leading the MitchellCHS team of 120 staff in the continued provision of high quality community health services in the Mitchell Shire and outreach services in Murrindindi Shire.

I am passionate about gaining a more detailed knowledge about the residents of the regions serviced by us to ensure that all areas of the community are able to access high quality client focused services.

The community can continue to expect an excellent integrated responsive service that will grow as the community grows into the future.

Our Strategic Plan 2007 - 2010, currently in the final stages of development, will be an integral towards ensuring the creation of healthier communities into the future.

Chris



(L-R new CEO Chris McDonnell enjoys the fundraising breakfast with staff Gosia, SueAnna, Lisa, Lisa and Marg.)

The Uniting Care Pancake Day Fundraiser raised \$42 in aid of Uniting Care. This national fundraising event is held each year to raise money and awareness for Uniting Care Australia, one of Australia's largest non-government providers of Community Services.

The focus of Uniting Care Pancake Day 2008 is to provide assistance to low income earning Australians who are struggling to access affordable housing, are facing high rents or who are homeless.

Podiatry Services Recommence in Broadford & Wallan

Podiatry services have recommenced in Broadford and Wallan. Priority is given to people on low incomes (pension or health care card holders). Children or those who require a podiatry assessment and treatment may also be eligible.

Enquiries / Appointments contact reception.

What is a Podiatrist?

Podiatrists are health workers specialising in the prevention, diagnosis and treatment of disorders of the feet and lower limbs

Position Vacancies

Home Care Worker (casual) refer Position Vacant Classified Advertisement on page 44.

For all position vacancies keep an eye on our website by visiting www.mitchellchs.org.au

Look Good...Feel Better is on again for 2008

Our first workshop is planned for Monday 7th April. This Cosmetics Industry sponsored program is available to women undergoing treatment for cancer. Attendees are pampered for the morning with a makeover as well as advice and assistance with wearing wigs and scarves. All make up used on the day is free for attendees to take home (full size products tailored to your skin type/complexion), along with the fabulous 'makeover tips' they will receive helping them to 'Look Good and Feel Better' everyday. Attendees are encouraged to bring a friend/support person on the day to enjoy this experience. Enquiries contact Kylie.

Meals on Wheels Volunteers Needed

Did You Know?

That Mitchell CHS delivers over 400 meals each week to people in their homes who have difficulty preparing their own meals? They also deliver meals to people who are frail and elderly and to younger people who have a disability.

How you can help...

We are currently looking for volunteers to deliver meals at lunch time in **Seymour, Broadford and Kilmore**. Have you wanted to help out in your community and meet new friends at the same time? Delivering meals is not time consuming (1-1.5 hours a month is all it takes) and it's easy (meals are delivered in pairs so you will have assistance by a more experienced volunteer when you start). All you need is your own car, a current driver's licence and a desire to help others. **Enquires contact reception.**

Diabetes Support Groups

We are pleased to provide Diabetes Support Groups at **Broadford, Wallan and Seymour**.

Groups are a great opportunity for people with diabetes to get together informally and share ideas, new information and management tips. The sessions also provide a forum for education, covering diabetes related topics from blood glucose monitoring, eyecare and footcare to relaxation. All groups are facilitated by a Dietician, Diabetes Educator or both.

Diabetes Support Group Details:

Broadford- 2nd Thursday of month 2-4pm

Seymour- 1st Monday of month 11.30am – 1.30pm byo lunch

Wallan- 4th Tuesday of month 11.30am – 1.30pm byo lunch

We are also proud to support the local **Juvenile Diabetes Support Group** in Mitchell. This group will meet again in the first quarter of the year. All families of children with diabetes are most welcome to attend. **Enquiries contact Kylie.**

National Ovarian Cancer Week 24th February-2nd March

What is ovarian cancer?

Ovarian cancer is a cancer that affects a woman's ovaries. Around 90 per cent of ovarian cancers start on the outer covering of the ovary. This is known as epithelial ovarian cancer. Ovarian cancer is a relatively uncommon disease, affecting only about 1200 women each year in Australia. Eight hundred women die of the disease each year.

What are the risk factors for ovarian cancer?

While we don't know exactly what causes ovarian cancer, the evidence shows that increasing age is a well-established risk factor for the disease, with around 80 per cent of cases occurring in women aged 50 years and over. A small number of women (around 5-10 per cent of all cases) will be at increased risk because they have a family history of ovarian cancer. Their risk increases with the number of relatives who have developed the disease.

What are the symptoms of ovarian cancer and what can you do?

Symptoms of ovarian cancer are often vague and can mimic those of other disorders. This can make ovarian cancer difficult to diagnose in its early stages. A Pap smear cannot be used to detect ovarian cancer.

The best thing women can do is to be aware of the symptoms that may indicate ovarian cancer and see their GP if they experience any unusual and persistent changes. The most common symptoms that may indicate ovarian cancer are:

- abdominal bloating/feeling full
- appetite loss
- unexplained weight gain
- constipation
- heartburn
- back pain
- frequent urination
- abdominal/pelvic pain
- fatigue.

These symptoms can also be present in other illnesses. It is important that you have any unusual or persistent symptoms investigated. For more information contact your GP or Community Health Nurse.

Free 1 day seminar - Stress Management

Feeling down? Do you have a lot happening in your life? Do you have difficulty with day to day life stress?

Come along to a free one day stress management seminar that will help with basic tips to cope with stress and help uncover what is blocking your coping ability. GP referral necessary. **Seymour - Wednesday 20th February. Call 5784 5533 to register.**

Stress - Feeling stressed is more than being alert or aroused. It is when you feel that the demands that are being made on you are greater than your ability to cope. You may feel under pressure to do something and fear you may fail. The more important the outcome, the more stressed you feel. You can feel stressed by external situations (too much work, children misbehaving etc.) and by internal triggers (the way you think about external situations).

Stress affects us in many ways, including emotionally causing anxiety, depression, tension and anger. It can affect the way we think with poor concentration, forgetfulness, indecisiveness, apathy and hopelessness being experienced. Effects may be behavioral with increased drinking and smoking, insomnia, accident proneness, weight problems, obsessive-compulsive behaviour, nervousness and gambling. **Enquiries contact reception.**

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