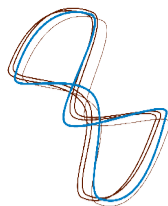


Community Health News

May 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 prevent illness.

Services available

Mitchell Community Health Service (MCHS) provides a range of services to the Murrindindi community. These include:

- Bushfire Counselling & Support Services
- Bushfire Case Management
- Family Violence Outreach Service
- Problem Gambling Counselling
- Disability Case Management
- Rural Access Project
- Financial Counselling
- Drug and Alcohol Treatment Services
- Rural Allied Health Team (available to aged, frail and disabled members of the community and their carers) including: Podiatry, Occupational Therapy, Physiotherapy, Speech Pathology, Continence Nurse Advisor and a Dietitian.

Services are currently available in Alexandra, Yea, Marysville, Flowerdale, Kinglake Ranges and other sites by arrangement. For more information about how we can help, please contact the Service Access and Care Coordination team on 1300 773 352.

Kinglake Ranges Health Centre

Mitchell Community Health Service is also located in the Kinglake Ranges Health Centre.

Our hours are 9am to 5pm Monday to Friday. We have a range of services available by appointment at this location, including trauma counselling, general counselling, drug and alcohol workers, family violence workers, HACC podiatry (1 day a month), HACC dietitian (1 day a month) and financial counselling.

If you would like to make an appointment for these services, please call our Service Access and Care Coordination team, on 1300 773 352.

Did you know?

Did you know that family violence comes in many forms not just physical violence?

Did you know that family violence can occur between different members of a family or even a carer towards a dependent person?

Family violence is controlling behaviours towards a partner, a sibling or from an adolescent towards a parent.

These controlling behaviours force you to do things you might not want to do and/or stop you doing things you would like to do out of fear or intimidation.

Recent changes to the Family Violence Act has broadened the legal meaning of family violence and now includes behaviours such as emotional, psychological, social, sexual and financial abuse as family violence.

The Family Violence service for the Mitchell and Murrindindi shires is located at Mitchell Community Health Service.

The program includes a family violence outreach service including a children's worker for clients with accompanying children and a Men's Behaviour Change program for men who are concerned about the impact their behaviour is having on their relationships.

For a confidential chat about your situation please contact the Service Access and Care Coordination team at Mitchell Community Health Service on 1300 773 352 – Monday to Friday 8.30 to 5.00pm.

Service Access and Care Coordination (SACC)

For all MCHS enquiries and bookings, phone the SACC team on: 1300 773 352

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

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

Health Eating

Lunch Box Ideas!

Here are a few ideas for healthy lunch boxes for kids. Healthy lunches and snacks help with concentration and learning.

Six items to put in your lunch box include;

- Vegetables – you could try a small container of mixed vegetables, like a few cherry tomatoes, carrot sticks, snow peas or cucumbers.
- Fresh fruit – the best choices are fresh or tined fruit in natural juice.
- Dairy food – maybe some reduced fat cheese slices or cubes, or freeze a tub of natural or fruit yogurt. By lunchtime it will be partially defrosted and ready to eat.
- Protein food – perhaps you could try a slice of lean cold meats, such as ham, turkey, chicken, lamb or beef in a sandwich of grainy bread, corn or rice cakes.
- Starchy food – bread, roll, pita or flat bread, fruit bread or crackers with different fillings, such as egg, grated carrot with lettuce or tomato, or baked beans.
- Water – you can freeze a drink bottle to help keep foods in the lunch box cool.

This was adapted from Kids Go For Your Life 'Healthy lunch boxes for children'. See www.goforyourlife.vic.gov.au/kids for more information. If you have trouble accessing this, call MCHS on 5784 5555 and ask for Sarah.

Social Inclusion

Jane Clifton to Host "2010 Women in Mitchell"

At the "2010 Women in Mitchell" event, Jane Clifton will be guiding women through a range of vocational, educational, leisure, and recreational activities available and accessible to women in the Wallan area as well as in the wider Mitchell and Murrindindi Shires.

You may have laughed at her performances in Mums the Word and Menopause - The Musical and want to see her again - "I am funny - ask my children!"

Hosted by MCHS in partnership with Wallan District Community Network, GoTAFE Seymour, and Lower Hume Primary Care Partnership, women from Murrindindi are invited to come along and see what's on offer around Wallan.

There will also be stallholders available with information about the services, groups, volunteer organisations, educational, vocational and leisure opportunities showcased on the day.

Jane's unique warm brand of humour is sure to have you laughing all day, while there are other information and interactive stalls for you, such as a shoulder massage.

Have a bite to eat and enjoy a few hours out. There will be lots on during the day to amuse and entertain little kids, and even a bus to pick you up (from Seymour) if you need transport.

When: Thursday 20th May 2010
Where: Wallan Multipurpose Centre
Time: 10am to 2.30pm

RSVP: For childcare and transport purposes if required.

Contact: Rowena Exell ph: 5784 5555