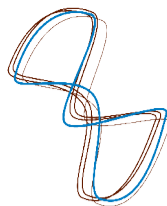


Community Health News

November 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.

Healthy eating on the go

Australians spend about one third of their household budget on convenience foods such as takeaway and supermarket ready-to-eat meals.

There are many reasons why people are cooking less often. People's lives are busier; the two-income household can mean that neither partner has the time or energy to cook every night. There are also more people living alone, who often don't want to cook for themselves (Better Health Channel, 2010).

However, convenience foods are expensive and some are notoriously high in fat and salt.

We are also often tempted to buy convenience food when we don't have anything in our pantry or fridge. If you lack the time or motivation to cook, the following suggestions may be helpful but remember motivation is always the key.

It is important firstly when doing your weekly shop to try bulk buying a number of items that are quick and easy to prepare and eat on the run.

Making sure you always have in the house pasta, rice, long lasting vegetables like carrot, pumpkin, celery and onions, canned fish, condiments and dried herbs and spices on hand will mean take away isn't the only answer.

Other tips to try which help people eat healthy and cope with a busy lifestyle are:

- Cook in bulk: even cooking two meals at once can help save time on those busy days.
- Cutting up or prepare extra vegetables at dinner to use later in sandwiches or as snacks with dips.
- Eat plenty of fresh and/or dried fruits, nuts and/or seeds as a healthy alternative for snacks.
- If you don't have time for breakfast in the morning try making a yoghurt and fresh fruit smoothie the night before which you can grab from the fridge as you run out the door.

Getting the most out of the clinical conversation

The Victorian Quality Council are hosting a forum that can help individuals, carers or representatives of interest groups get more out of a clinical conversation.

The clinical conversation is one that you have with a GP, specialist, nurse or allied health professional about your health or the health of another. They are usually restricted to a limited amount of time.

By attending this forum you can gain insight, tips and strategies on how to steer future clinical conversations in the right direction to achieve a mutually satisfactory outcome.

Date: 30 November 2010

Time: 9:00am to 2:30pm

Venue: A hotel in central Melbourne

For more information or to register to attend this event please call 1300 135 427, email vaq@health.vic.gov.au or see details online at <http://www.health.vic.gov.au/qualitycouncil>

Men's Behaviour Change Group

Have you ever been violent and controlling towards those that you love? Do you want to make changes which improve your relationships? If you answered yes to these questions then read on.

Mitchell Community Health Service's Men's Behaviour Change program runs groups for men who have been violent and controlling towards family members and now want to change. Participants talk, share information, challenge and support each other to be better men, fathers and partners.

Some of the topics that the group covers include:

- How to manage strong emotions in a non violent and non-controlling way.
- Taking personal responsibility for actions.

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

- Identification of positive personal qualities such as persistence and openness.

- Education to increase your understanding of the impact your behaviour has on those around you.

- Exploration of the behavioural choices you are making when you use violence and other choices that are available to you.

- The impact of your behaviour on your family, relationships and yourself.

Our group meets weekly on Mondays 6:00pm -8:00pm. If you would like to begin the journey of change, call 1300 773 352 for more information.

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.

Home and Community Care (HACC)

Mitchell Community Health Service provides speech therapy, physiotherapy, occupational therapy, continence nursing and dietetics to Home and Community Care (HACC) eligible residents in the Shire of Murrindindi.

The HACC Allied Health Team supports people and carers to remain independently living at home.

If you live at home or care for someone and need extra support please contact us to find out if you are eligible for our services.

A referral is not needed and support is just a phone call away.

Our services can be provided in your own home.

Telephone the Service Access and Care Coordination (SACC) team on **1300 773 352** to find out more.

- Speech Pathology - assessments and guidance for managing communication and swallowing disorders.
- Conditions such as Parkinson's Disease, respiratory illness, Stroke, Multiple Sclerosis can be supported. Education is provided for carers and clients.
- Continence Nursing - assessment and management strategies to people and carers regarding bladder and bowel control.
- Information and education on the use of aids and appliances and assistance with access to these.
- Education and advice for men and their families from diagnosis to treatment of prostate issues/cancer. Catheter care & education.