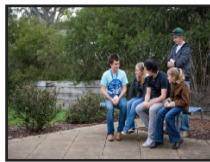




MITCHELL
Community Health



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 to prevent illness.

Bushfire Counselling and Support

Murrindindi & Mitchell Shires

MCHS is responsible for coordinating counselling and personal support for people affected by the bushfires in Mitchell and Murrindindi.

MCHS is continuing to provide a coordinating presence at the community hubs in: Alexandra, Buxton, Flowerdale, Kinglake Ranges, Marysville and Narbethong.

Appointments for counselling can be arranged at any of the above sites by contacting the Service Access & Care Coordination team Monday to Friday 9.00am – 5.00pm.

T: 1300 773 352 F: 5784 5525

E: serviceaccess@mitchellchs.org.au

DHS Case Management Services can be contacted on 1800 050 400.

Rural Access Worker

MCHS has a Rural Access Worker available for the residents of the Murrindindi and Mitchell Shires.

The focus of a Rural Access Worker is to promote access and inclusion for anybody with a disability in the community be it access issues or being included in recreation activities.

Wendy Kelly, who has recently commenced in the role of Rural Access Worker, would like to encourage people with a disability and their families to contact her with any issues they would like addressed in the area.

Wendy would love to hear from you and she can be contacted on 5784 5555.

Planned Activity Group (PAG)



Make new friends and keep your mind and body active!

Planned Activity Groups (PAG) provide participants with opportunities for socialisation and respite for carers.

The PAG is for the frail aged and those with a disability who are eligible to receive our HACC services.

Activities include: memory games, exercise games, musical games, memory book, outings and the opportunity to join the annual PAG holiday.

Planned Activity Groups takes place every Monday, Tuesday, Wednesday and Friday. Eligible participants are allocated to a group on one of these days.

In you'd like more information about your eligibility to join PAG, please contact the Service Access and Care Coordination team on 1300 773 352.

Calendar of Events

Well Women's Clinic

The clinic is run by female Registered Nurses who have completed special training with Family Planning Australia, this free service offers women of all ages the opportunity to discuss issues relating to the maintenance of good health including the provision of PAP testing. We have a commitment to providing health care specific to women's individual needs. Privacy and confidentiality is assured at all times.

The next clinics are:

Mon 15th March: Wallan

Mon 3rd May: Broadford

Mon 24th May: Wallan

Mon 14th June: Broadford

To book an appointment please phone Service Access & Care Coordination.

Men's Behaviour Change Group

Women and children have the right to determine their lives freely and to feel safe. When the men they love use their power as men to hurt, punish or control them, then that right is violated. If you're thinking about making changes to become a better partner or dad, or just a better person, you don't have to go it alone!

Mitchell Community Health Service's Men's Behaviour Change Group runs groups for men who have been violent and controlling towards family members and now want to change.

Participants talk, share information, and challenge and support each other to be better men, fathers and partners. These groups can help you to make things different and help to put an end to family violence.

When you contact us the first time we will:

- Meet with you at least twice so you can tell us about your situation and the behaviours that you want to change.
- Give you information about how our program operates and what will be expected of the participants.
- If you are eligible and willing, you can join our weekly sessions and work with other men who want to change their behaviours and improve their relationships and their families' lives.

When: every Monday night (next module to begin 29th March 2010 for eligible participants). Where: MCHS Seymour site Callen Street (on Seymour District Memorial Hospital Grounds). Call 1300 773 352 for more information.

Services Available at MCHS

Clinical Services: Community Health Nurse, Contenance Nurse Advisor, Dietetics, District Nursing, Occupational Therapy, Podiatry, Speech Pathology.

Home Care Services: Home Help, Allied Health Services, Meals on Wheels, Veterans' Home Care Program.

Counselling Services: Bushfire, Generalist, Financial, & Problem Gambling, Drug & Alcohol Services, Family Violence Services and Disability Services.

Community Education: Asthma & Diabetes Education and Health Promotion Programs.

Service Access and Care Coordination (SACC)

P: 1300 773 352 F: 5784 5525 E: serviceaccess@mitchellchs.org.au

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

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