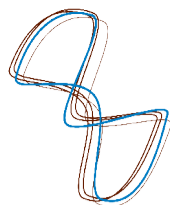


Community Health News

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 to prevent illness.

Better Health Self Management Program

This 6 week program is for people who live with a chronic illness or condition such as diabetes, arthritis, chronic pain, asthma, heart disease and others.

The program covers ways you can manage your health yourself. Topics include; medications, physical activity, nutrition, mental health, communication, goal setting & much more.

Program Dates

Session 1: Wed 10th Nov 12.30 - 3.00pm
Session 2: Wed 17th Nov 12.30 - 3.00pm
Session 3: Wed 24th Nov 12.30- 3.00pm
Session 4: Wed 1st Dec 12.30- 3.00pm
Session 5: Wed 8th Dec 12.30 -3.00pm
Session 6: Wed 15th Dec 12.30- 3.00pm

It is important to attend all 6 sessions

Venue: Wallan Multi-Purpose Centre Bentinck St, Wallan

To book or receive further information, please contact reception on (03) 5784 5555.

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 vac@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.

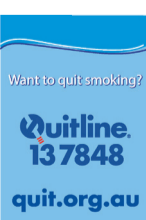
Mitchell Community Health Service's Men's Behaviour Change program runs groups for men who have been violent and controlling towards family members and now want to change. Participants talk, share information, challenge and support each other to be better men, fathers and partners.

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.
- 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.

Thinking of quitting?



Did you know that if you smoke 30 cigarettes a day and quit now you will have saved \$2985* by Christmas. Keep the dollars in your pocket –

Quit Now and Save!

Contact Mitchell Community Health Service if you are interested in support for quitting or contact Quitline direct on 137848. * figures based on the most popular brand of cigarettes sold in a major Wallan supermarket.

The Happiness Group

Interested in joining a group? Are you heading to your GP soon? Why don't you grab a referral for the The Happiness Group – a fortnightly group run out of the Kilmore Physiotherapy Centre in Kilmore.

The group is run by Psychologist, Lisa Costantin and is aimed at assisting people who want to work on their personal development, wellbeing and create personal change in their lives.

The group is a great example of connecting with others who are also on the same journey of self discovery, introspection and taking time out to self-reflect from time to time.

The types of discussion topics covered are: self esteem and confidence, communication skills, developing self-acceptance, meditation, assertiveness, self-nurture and many more.

The group is a great example of a productive working partnership between the Kilmore Physiotherapy centre Director, Marg Perrot and Mitchell Community Health Services, working together to provide the community with new opportunities to improve mental health and wellbeing.

For more information call Lisa on 5784 5555 or Marg on 5782 2568.

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 older people 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 new upcoming gardening program.

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

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



Home Care Workers

MCHS is regularly recruiting Home Care Workers. Interested people can find more information on our web-site www.mitchellchs.org.au

Services Available at MCHS

Clinical Services: Community Health Nurse, Continence 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