

Camperdown & Lismore Community Health NEWSLETTER

FEBRUARY
2016

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Happy New Year!

We hope everyone enjoyed a safe, happy and peaceful festive break, ready to start a new year. Services at Lismore Community Health Centre have resumed and our newsletters will keep you informed of both the regular services, as well as any special events or programs we are providing for the community and surrounding areas. We also aim to provide interesting and relevant health information in our newsletters.

If you have any suggestions, requests or comments relating to the Lismore Community Health Centre, we are more than happy to hear from you. Please contact a staff member, or the Lismore Community Health Centre Manager Rebecca Van Wollingen, on 5558 3000.

Snake Bite Kits

Snake Bite Kits are now available at the Health Centre at a very affordable price of \$5.00 each. The kits consist of two bandages, as well as first aid instructions for snake bites.

Call in and grab a couple - they're handy to have in the home and the glove box of the car or ute!



There are **no emergency services** available at the Lismore Community Health Centre. In the event of a **medical emergency**, please call 000 for an ambulance to ensure the best possible outcome.

South West
Healthcare

Camperdown
Community Health (Manifold Place)

140 Manifold Street, Camperdown 3260
Ph: (03) 5593 1892 • MPlace2@swh.net.au
Open Hours: 8.30am-4.30pm Mon-Fri

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Breast Cancer: Are you reducing your risk?

The chance of a woman developing breast cancer by the age of 85 is 1 in 8. The biggest risk factors for developing breast cancer are being a woman and getting older, with 75% of all breast cancers occurring in women over the age of 50 years.

BreastScreen Australia encourages women aged 50-74 years to have a free mammogram every two years. While breast screening is recommended for women aged 50-74, women aged 40-49, and over 74 are encouraged to discuss the benefits and risks of screening in the context of their individual health needs with their doctor. A mammogram may find a breast cancer which is too small to feel. When breast cancer is detected early, women have a much greater chance of being treated successfully, and for most women, the cancer will not return after treatment.

The Lismore Community Health Centre has conducted a number of trips to BreastScreen Geelong to help make this important service more accessible for women in our community. A participant from a recent screening trip contacted us to share that the mammogram she had done on that day had detected a breast cancer. Her specialists advised her that had she not had that mammogram, the cancer would have remained undetected for some time. Early detection and subsequent treatment mean that the prognosis is now extremely positive for this lady. She has asked us to share this to highlight the importance of early detection and encourages us all to remain proactive about our breast health.

What to look out for:

Women of all ages should be familiar with the normal look and feel of their breasts.

If you notice any of the following changes, please see your doctor immediately:

- A lump, lumpiness, or thickening of a breast
- Changes in the skin of a breast, such as puckering, dimpling or a rash
- Persistent or unusual breast pain
- A change in the shape or size of a breast
- Discharge from a nipple, a nipple rash or a change in its shape



BreastScreen
Victoria

Caring about Women

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Breast Cancer: Are you reducing your risk? (cont.)

To reduce your cancer risk:

- Stop smoking
- Maintain a healthy body weight
- Be physically active on most, preferably all, days
- Eat for health – choose a varied diet with plenty of fruit and vegetables
- Limit your alcohol intake

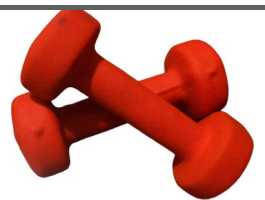
*Lismore Community Health Centre will continue to run breast screen bus trips in the future.
If you wish to express your interest in attending, please contact the Health Centre on 555 83 000.*



Information from Cancer Council brochure 'Early Detection of Breast Cancer', and the Breastscreen website.
Cancer Council Helpline 13 11 20 www.cancer.org.au www.breastscreen.org.au

Power Pals

Power Pals classes will resume at the Health Centre on Tuesday 2nd February at 10.30am, and on Thursday 4th February at 3.00pm. Classes will then continue on these days and times each week.



Strength Training is an exercise class suitable for all ages and abilities, and everyone is welcome. To get started, make an appointment for a brief assessment with Jenny Hirth, and then you can join either or both of our weekly classes. Call us on 555 83 000 if you would like to learn more.

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Leap Forward for Life

The Leap Forward for Life program is about learning to live with Diabetes. The sessions cover a range of topics including food and nutrition, modifying recipes, monitoring blood glucose levels, setting goals and problem solving. The group offers a chance to chat with others, and share experiences and ideas. It has proved to be very popular and helpful for past participants

Leap Forward for Life will be held at the Lismore Community Health Centre each Tuesday from 29th March until 3rd May, from 10.00am until 12.00pm.

Further Leap Forward for Life sessions will also be run later in the year. If you would like any further details, or would like to book your place, please call us on 555 83 000.

Thursday Fella's Men's Group

Thursday Fella's - our men's group – is held on the first Thursday of each month. We meet in the Community Health Room at the Lismore Health Centre from 10.00am until 11.30am.

Thursday Fella's offers an opportunity to have a cuppa and a chat, as well as listen to guest speakers on a range of topics.

This month on Thursday 4th February, Max Kerr, a local farmer and enthusiastic collector, will be bringing in a range of historic items to look at and chat about. Previous visits from Max have been very interesting, so don't miss this one. The Men's Group from the David Newman Centre in Camperdown will also be joining us. We will follow Max's presentation with lunch at The Lismore Hotel.

Thursday Fella's is open to all men, and we would love to see some more new faces. Feel free to bring a friend or neighbour who may be interested in joining us. If you have any questions please call us on **555 83 000**.

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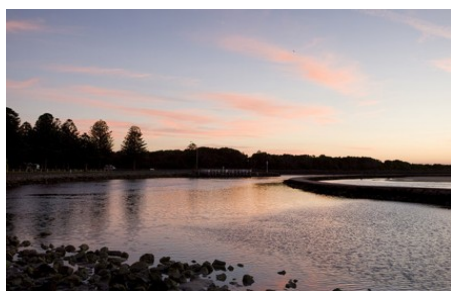


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'Give it a Go' 2016

Killarney / Port Fairy Walk - Sunday 28th Feb



Community members are invited to join us for a great day out.

The bus will pick up from:-

Lismore Community Health Centre Car Park - 8.30am

Derrinallum Post Office - 8.45am

Aiming to depart for home from Port Fairy at 3pm

Walkers will be taken by bus to Killarney to enjoy the beautiful beach walk to Port Fairy (approx. 6 kms). The more enthusiastic walkers will undertake the beach walk, whilst others will be taken to Port Fairy to enjoy a stroll around the historic township.

**Walkers are encouraged to only walk the distance they feel they can safely complete.
Please bring water, sunscreen, hats, coats etc.**

Morning & Afternoon Tea provided.

BYO drinks, money for lunch.

COST: \$5 per person to assist with costs.

Bookings essential - contact Shirley Howard 55976612
or the Lismore Community Health Centre 55583000

Organised and supported by the Lismore & Derrinallum Heart Foundation Walking Group,
Lismore Community Health Centre, and funding from the Corangamite Shire for Give it a Go! 2016

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Lismore GP Clinic

Monday 1st Feb	Dr Lwin Mar Thein	Monday 22nd Feb	Dr Nyi Nyi Lwin
Monday 8th Feb	no GP available	Thursday 25th Feb	Dr Bruce Rossiter
Thursday 11th Feb	Dr Bruce Rossiter	Monday 29th Feb	Dr Darren Loo
Monday 15th Feb	Dr Darren Loo	Monday 7th March	Dr Lwin Mar Thein

To make an appointment at the Robinson Street Clinic in Camperdown, or for any enquiries relating to your GP appointments, test results or accounts, please call the Robinson Street Clinic on **55937070**.

To make an appointment at Lismore, please call us as usual on **55583000**.

Services available at Lismore

- Diabetes Education
- Dietetics
- District Nursing
- Early Intervention in Chronic Disease Programs
- GP Clinic
- HARP (for chronic illness)
- Hearing Screening
- Meals On Wheels
- Physiotherapy
- Planned Activity Group (PAGs)
- Podiatry (Public & Private)
- Rehabilitation Gym
- Strength Training
- Treatment Room

Services available at Manifold Place

- CASA
- Continence Nurse
- Counselling
- Dental (Public)
- Diabetes Education
- Dietetics
- Early Intervention in Chronic Disease Programs
- HARP (for chronic illness)
- NDSS
- Needle Exchange Program
- Podiatry (Public & Private)
- Speech Pathology
- Strength Training
- Tai Chi

For further information about any of these services, or to make an appointment, please call the relevant centre on the numbers listed below and staff will be happy to assist.


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