

# Camperdown & Lismore Community Health NEWSLETTER

April  
2017

## Flu Vaccination Clinics

Lismore Community Health will again be providing flu vaccinations for those eligible under the NIP program.

Influenza (flu) is a highly contagious viral infection that spreads easily from person to person through coughing, sneezing and close contact. Unlike a cold, symptoms such as fever, sore throat and muscle aches develop suddenly with flu and last about a week. In some cases, severe illness and complications such as pneumonia and bronchitis can develop, which can result in hospitalisation and even death. The flu can also make some existing medical conditions worse.

Annual vaccination is the best way of preventing the flu and any associated illness. You should get the flu shot every year because the flu virus is constantly changing. Every year, the flu vaccine changes too, so it protects against the flu strains which are most likely to be around during that winter.

The flu vaccine is recommended for everyone from six months of age, but is available free under the National Immunisation Program for people who face a high risk from influenza and its complications. These are:

- People aged 65 years and over
- Aboriginal and Torres Strait people aged six months to less than five years
- Aboriginal and Torres Strait Islander people who are aged 15 years and over
- Pregnant women
- People aged six months and over with medical conditions such as severe asthma, lung or heart disease, low immunity or diabetes.

If you meet these criteria, and would like to book your place in one of the clinics, please call us on 555 83 000.

**Appointments are available on Friday 21st April and Friday 28th April.**

If you are not eligible for the free vaccination, please book your vaccination with your GP or pharmacist.



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) 5557 0900 • MPlace2@swh.net.  
Open Hours: 8.30am-4.30pm Mon-Fri

**South West Healthcare**  
Lismore  
Community Health  
102 High Street, Lismore 3324  
Ph: (03) 5558 3000 • lismore2@swh.net.au  
Open Hours: 9am-4.30pm Mon-Fri

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## Well Women's Clinic

The next Well Women's Clinic will be held at Lismore Community Health on **Friday 12th MAY 2017**.

These clinics provide women with Pap smear tests, information, education or referral as required, for women's health issues. This service is provided by a fully qualified Women's Health Nurse - Pap Test Provider.

Appointments are essential and can be made by calling 555 83 000.



PapScreen  
Victoria

*Remember it is essential that all women aged 18 - 70 have a Pap Test every 2 years.*  
Regular Pap tests save more than 1200 Australian women from cervical cancer every year.

## Thursday Fella's Men's Group

Next Meeting is on Thursday 4th MAY at 10.00am.


Jenny Hirth will be talking about **Advanced Care Planning**. This is all about planning for your future in the event of ill health, making choices about your care and how you would like to be cared for, should you not be able to continue to do this for yourself.

Please feel free to pop in and join us, and bring along any fella's you might know who are interested.

## SMS Appointment Reminders

We can now arrange for an SMS reminder to be sent prior to your scheduled appointment. This applies to our physiotherapy, pensioner podiatry, dietitian, diabetic educator or community nursing visit. This message is sent two days prior to your appointment and simply advise you that you have an appointment with South West Healthcare. If you would like us to set this up for you, please call us on 555 83 000, or mention to us

South West   
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## Breastscreen & Bone Density Bus Trips

This year, Lismore Community Health will coordinate two bus trips to Geelong - one for breast screening, and one for bone densitometry scanning. We intend for these trips to be booked for mid 2017, and will publish dates in our newsletter as soon as they are finalised.

If you would like to join us, please call on 555 83 000 to reserve your place.

## Calling Emergency Services

The **Emergency+** app is a free app developed by Australia's emergency services and their Government and industry partners. The app uses GPS functionality built into smart phones to help provide critical location details required to mobilise emergency services. By placing your Triple Zero (000) call through the app, your location details are provided automatically. This **DOES NOT** occur when you call from a landline or mobile phone.



### **Save the app that could save your life.**

*Download from App Store (Apple), Google Play (Android), or Windows Phone Store (Windows).*

Another fantastic app is **Triple Zero Kids' Challenge** - where kids can learn about how to deal confidently with, and get help in an emergency, by playing games and solving problems. They'll learn about safety messages, and hear what happens when you call Triple Zero (000).



## Ambulance Membership

### Is your Ambulance Victoria membership up to date?

If you rely on the coverage provided by your health insurance fund, Centrelink Health Care Card, or Pensioner Concession card, it is well worth learning about what is and isn't covered under each. In many cases, people have thought they were covered, only to be left hundreds, or even thousands of dollars out of pocket.

For total confidence and peace of mind, it is recommended that you maintain genuine Ambulance Victoria membership. *Did you know? Ambulance Victoria is not 100% government funded, so membership fees are a vital funding source.*

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## GP Clinic

Dr Darren Loo continues to visit Lismore most Mondays.

To make an appointment at Lismore, you can call Lismore on **555 83 000**, or Robinson Street **5593 7070**

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 **5593 7070**..

## Services available at Lismore

- Diabetes Education
- Dietetics
- District Nursing
- Early Intervention in Chronic Disease Programs
- GP Clinic
- HARP (for chronic illness)
- Meals On Wheels
- Physiotherapy
- Planned Activity Group (PAGs)
- Hearing & Wax Removal Clinic
- 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)
- Yoga
- 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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