

Camperdown & Lismore Community Health NEWSLETTER

August
2017

Let's Talk About Sex! FREE Women's Health Night

For all women aged 16 + years

WEDNESDAY 23 AUGUST 2017

7.00pm - 8.30pm. Light supper provided.

Five Star Function Centre, Leura Oval, Camperdown

See attached flyer for more information.



Thursday Fella's Men's Group

Next Meeting is on Thursday 7 September at 10.30am. We will be taking a trip to the Mt Elephant Information Services Centre, at the foot of Mt Elephant, Derrinallum. There we will look at the new centre and listen to a talk about the mount. We will then have a picnic lunch before returning to Lismore. The Camperdown Men's Group will be joining us this day too.

For catering purposes PLEASE book your spot by calling the Lismore Community Health Centre on 5558 3000.

Free Meningococcal Vaccine for Young People

To combat a recent rise in cases of Meningococcal W, the Victorian Government has introduced a free, time-limited vaccine program for young people in Years 10, 11 and 12 in Victoria from 18 April 2017 until 31 December 2017. Schools will provide more information to families of these young people.

Eligible young people not in school can see their GP to receive this vaccination.

For information about this, or any other vaccination, speak to your GP or practice nurse, or, go to www.immunise.health.gov.au



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.
Open Hours: 9am-4.30pm Mon-Fri

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Manager's Report to Lismore Health Centre Ladies Auxiliary 2016/17 AGM

The Women's Auxiliary is an important part of our Health Centre. I would like to thank all the Women for their hard work and dedicated service over the past year(s). Their contributions are always appreciated and much needed.

The Women's Auxiliary donated over \$6000 this last year, to the health centre and local community.

Some of the key purchases made by the Women's Auxiliary over the past year include:

- **Outdoor shade sails** to ensure our activities group and staff have somewhere shady to enjoy the outdoors.
- **\$1000 Men's Night Donation** to assist with the running of the very successful Mental Health night event for Men. This annual event always has many men attending from the region with lots of positive positive feedback.
- **Repainting of the front foyer and new chairs for the waiting room**, giving our centre a lovely facelift and making an inviting and comfortable environment for everyone.
- **Items for kitchen, garden and gym areas.** Practical items that enable us to function day to day.

Lismore Community Health Centre has had another successful year. All of our services continue to run with good participation. We have had a stable workforce with no major changes in the last year.

The Planned Activity Group continues to have consistent numbers and is flourishing under the direction of acting Coordinator Terese and Assistant Maureen. They have introduced new ways of working and activities that are enjoyed by all.

Allied Health services of Podiatry, Physiotherapy and Dietetics provided by Elaine, Nerida and Casey have proven popular. Dietetics and Physiotherapy have both had an increase in demand this year. All of these clinicians come from the surrounding areas to provide service to Lismore, we are lucky to have such skilled and high quality services in our area.

District Nursing services have continued with great success. Our nurses Jen, Cheryl, Maureen, Mirelle and Rachel provide excellent services in peoples home and at the centre. Their dedication allows people to remain at home longer as well as get much needed care and treatment that they would otherwise have to travel for.

Nursing Staff also continue to provide treatment room services and health prevention services including breast screening and bone density trips, power pals, Men's group and flu vaccinations. These services keep our community healthier for longer!

Our Health Promotion services are well regarded and are fully utilised by our local schools. This year our health promotion officer, Nikita, has led Lismore and Derrinallum schools in healthy eating, physical activity and mental wellbeing. Through joint efforts Derrinallum School achieved a healthy eating certification, the first in our region. We are very proud of the efforts to help young people remain healthy and active.

Continued on next page...

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GP services continue at one day a week, we are all working very hard to ensure that this is adequate coverage for our needs. The nursing staff have picked up extra duties to ensure the very best care is provided to everyone.

Our dedicated reception staff, Bronwyn and Sharon, always have a smiling face and provide a friendly, welcoming and efficient service. Sharon and Bronwyn are always willing to problem solve and help any client out. Without them we wouldn't have such a smooth running service.

Our biggest achievement this year has been passing accreditation with flying colours. This means our service has been certified to meet government standards and can continue to run. Accreditation is a big undertaking and has taken over a year of work. I would like to thank all of the Lismore Community Health staff, and volunteers, for their efforts and dedicated service. Without their hard work and personal contributions the centre would not be the success it is.

Thanks again to the Women's Auxiliary for their continued efforts and fund raising. Overall the future for Lismore Community Health Centre looks good, with the continued support of our staff, our community and the constant improvements we implement, we are working to ensure a bright future. We look forward to continuing to offer services that assist our community and make their healthcare more accessible with improved outcomes for everyone.

Rebecca Van Wollingen
Manager Lismore and Camperdown Community Health

Upcoming Events

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| Wed 23rd August | Let's Talk About Sex - Women's Health Night, Camperdown. |
| Friday 25th August | Well Women's Clinic - providing pap tests, information & referral. |
| Sunday 27th August | Timboon rail trail walk, with lunch at Timboon Distillery. |
| Thursday 31st August | Bone Density Scanning - Bus trip to Geelong. Leaving at 7.45am. |
| Thursday 7th Sept | Thursday Fella's bus trip to Mt Elephant, including lunch. Call to book. |
| Thursday 28th Sept | Breastscreen bus trip to Geelong. \$5 per person for bus. |
| 14th & 15th October | Proposed overnight walking trip to Halls Gap. |

For more information about these events, or to book, speak to Sharon or Bronwyn on **555 83 000**.

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GP Clinic

Dr John Menzies will offer appointments at Lismore on Wednesday 16th August.
Dr Darren Loo returns from leave on Monday 21st August.

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)
- Hearing (Private)
- Meals On Wheels
- Physiotherapy
- Planned Activity Group (PAGs)
- Podiatry (Public & Private)
- Rehabilitation Gym
- Strength Training
- Treatment Room

Services available at Manifold Place

- CASA
- Contenance 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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