

Healthy Eating Tips for Winter

As the weather starts to get colder and the days start to get shorter, many of us reach for those warm comfort foods to beat the winter time blues. So, how can we still eat those foods we love without sacrificing our health?

Follow a few of these simple tips to help keep your healthy diet on track all throughout winter.

- Choose fruit and vegetables that are in season - this is a great way to decrease the cost of your grocery bill. Apples, bananas, mandarins, oranges, pears, beans, brussel sprouts, cauliflower, spinach and sweet potatoes are just some of the many fruits and vegetables currently in season.
- Increase the amount of vegetables you add to your cooking. Vegetables are full of fibre, which helps keeps our bowels healthy and also keeps us fuller for longer. You can include vegetables in casseroles, soups, pasta bakes, pasta sauce, stir fries, cottage pies, lasagna and many more dishes, giving them an extra kick of nutrients.
- Switch your grains and cereals to wholegrains. Wholemeal or wholegrain breads and cereals are also a great source of fibre which can assist in lowering blood sugar levels and cholesterol. Wholemeal or multi-grain bread, wholemeal pasta, brown rice, multigrain dry biscuits, oats, untoasted muesli, bran and Weetbix are all great grains and cereals we can include in our diet.



If you would like some more information on healthy eating for you or a family member, please call us on **55583000** to arrange an appointment with our Dietitian service. Our visiting dietitian currently runs a clinic at Lismore once every three weeks, and can provide advice on a wide range of nutrition issues.



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.au
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

Camperdown & Lismore Community Health NEWSLETTER

LADIES - Save The Date!

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

7.00pm to 8.30pm - Wednesday 23rd August 2017

To be held at Camperdown Five Star Function Centre (Camperdown Footy Club)
FREE event for WOMEN aged 16+ years

Keep an eye out for more information in the coming weeks!

If you would like to register your interest in this event, call Lismore Community Health Centre on 5558 3000.

This event is supported by funding from Jean Hailes for Women's Health.



Well Women's Clinic

The next Well Women's Clinic will be held at Lismore Community Health on **Friday 25 August 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.

*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 6 July at 10.30am.

Join us at Lismore Community Health Centre for a cuppa and a chat, then listen to one of the Lismore pharmacists who will be speaking at 11am on an important health topic.

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

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Lismore & Derrinallum Heart Foundation Walking Group

Timboon Rail Trail Walk - Sunday 27th August

We will be walking along the Timboon rail trail from the trestle bridge back in to Timboon, then enjoying lunch at the Timboon Distillery. Please bring money for lunch, or BYO. Wear comfortable walking shoes, and remember to bring water, sunscreen, hat and coat, as required depending on the days weather.

Cost for the day will be \$20 which helps to cover the bus hire fees. The bus will pick up from Derrinallum Post Office at 8.30am and Lismore Community Health car park at 8.45am.

If you have any questions, or wish to book in, please call either Lismore Community Health on 55583000, or Shirley Howard on 55976612.

Halls Gap Trip - 14th & 15th October

Planning is underway for an overnight trip to enjoy some of the many scenic walks in the Halls Gap area.

If you are interested in joining us, please contact us as soon as possible to assist with planning.

Bone Density Bus Trip

Join us for a bus trip to Geelong on **Thursday 31st August** to have your bone density tested. The cost for bus travel is \$5. At this stage, we plan to **depart Lismore Community Health Centre at 7.45am** and stop in Inverleigh on the way home for afternoon tea, at your own expense.

If you have already put your name down for this trip, we will be contacting you shortly to confirm your place, and organise your doctor's referral.

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

Breastscreen Bus Trip

Our Breastscreen trip to Geelong will be held on **Thursday 28th September**.

A fee of \$5 per person will be charged to help cover the cost of the bus.

Further details about departure and appointment times will be provided closer to the date.

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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)
- 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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