

# Lismore Community Health NEWSLETTER

**JULY  
2024**



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.

## Changes to Nursing Fees

Commencing 1 July 2024 there will be some changes to our fees for nursing services.

Clients being seen for wound care will be charged \$3.80 per visit, plus the cost of dressings. This applies to clients seen at the health centre, as well as district nursing home visits. These fees will be invoiced at the end of each month.

All fees for other nursing services remain the same, and are payable on the day of your visit.

As always, if you have any concerns about your ability to pay for your appointment, please discuss this with one of our staff.

APPOINTMENT TYPE	FEE PER VISIT
Pathology, INR test	\$4.00
Blood pressure check, blood glucose check, removal of dressing with no further care etc.	NO CHARGE
Health assessment, injection, ECG, cervical screening etc.	\$8.50
Wound care	\$3.80 plus dressing costs

## Shingles Vaccination Clinic

Shingles (also called herpes zoster) is a disease caused when the chickenpox virus reactivates. Shingles can cause severe nerve pain that can last for months.

A 2-dose course of Shingrix is free through the National Immunisation Program for people 65 years and over, First Nations people 50 and over, or immunocompromised people 18 years and over. The Shingrix vaccine does not contain the live virus and is safe for people who are immunocompromised.

If you previously received a free Zostavax shingles vaccine under the NIP, you are not eligible for a free Shingrix vaccine for at least 5 years.

If you purchased the Zostavax vaccine privately you can receive the Shingrix vaccine for free under the program, if you're eligible. You should wait at least 12 months between receiving Zostavax and getting the Shingrix vaccine.

Please discuss your eligibility for Shingrix with your health professional.

**Lismore Community Health is running a Shingrix vaccination clinic on Thursday 22nd August, with second vaccinations to be given on Thursday 21st November.**

**If you are eligible, please phone 555 83 000 to make your appointment.**

# Lismore Community Health Services

## Weekly Services

**Community Health & District Nursing  
(including pathology collection)**  
Monday to Friday 9am - 3.30pm.  
**Please phone to make an appointment.**

**Social Support Group**  
Mondays & Wednesdays - 10.30am - 2.30pm  
Centre based activities  
Morning tea & lunch provided

**Power Pals - Strength Training**  
Thursdays 2 - 3pm



## Other Visiting Services

### Physiotherapy

Fortnightly on Thursdays

### Podiatry

Monthly on Mondays

(High priority wound & ulcer clients)



### Diabetes Educator

2nd Tuesday of the month

### Dietetics

Every third Wednesday

### General Practice

Robinson Street Medical Centre

Bookings phone: 55937070

### Maternal & Child Health

Corangamite Shire

By appointment - 1800 552 902



## Visiting GP Services at Lismore

Dr Anne Pushparajah will be available for appointments at the Lismore Health Centre on the following dates:

Mon 22nd July	Mon 12th August
Mon 29th July	Mon 19th August
Mon 5th August	Mon 26th August

Dr Anne also consults in Camperdown - please phone 5593 7070 to book your appointment at Robinson Street Medical Centre.

## Fitness Classes

Are you interested in a program focusing on fitness, fun and social connection with a qualified instructor?

Following our men's fitness program trial, we are hoping to commence an ongoing fitness circuit class in our gym.

This class will be suitable for all levels of fitness and experience - beginners welcome!

Call 555 83 000 to register your expression of interest.

## Welcome to our new dietitian

We welcome our new dietitian, Sophie, to our team. Sophie is available at Lismore every three weeks, on Wednesdays.

Dietitians understand how nutrition affects the body, and can offer science based advice on food and nutrition to help people improve their health and wellbeing.

Dietitians can help manage health conditions such as diabetes, heart disease, gastrointestinal diseases, food allergies and intolerances, renal disease and obesity.

No referral is needed, just call us to book in.



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