

**COUNSELLING/ SOCIAL WORK**  
Monday, Tuesday, Wednesday,  
Thursday  
8.30 am – 5.00 pm

**DIABETES EDUCATOR**  
Thursday  
9.30 am – 4.30 pm

**DIETITIAN**  
Tuesday and Wednesday  
8.30 am – 5.00 pm

**DRUG AND ALCOHOL  
COUNSELLOR**  
Friday  
10.30 am – 3.30 pm

**FOAP EXERCISES**  
Thursday  
10.00 am – 11.00 am  
Community House

**HEALTH PROMOTION  
ACTIVITIES**  
Monday and Friday  
8.30 am – 5.00 pm

**NEEDLE SYRINGE PROGRAM**  
Monday, Tuesday, Wednesday,  
Thursday  
8.30 am – 4.30 pm

**OCCUPATIONAL THERAPIST**  
Wednesday  
8.30 am – 5.00 pm

**PHYSIOTHERAPIST**  
Wednesday and Thursday  
8.30 am – 5.00 pm

**PLANNED ACTIVITY GROUP**  
Monday, Wednesday and  
Friday  
9.30 am - 3.00 pm

**PODIATRIST**  
Monday, Tuesday, Friday  
HACC and community  
8.30 am – 5.00 pm

**PSYCHOLOGIST**  
Monday and Tuesday  
9.00 am – 5.00 pm  
Phone 0433 923 578

**RADIOGRAPHER (X/RAY)**  
Tuesday, 9.30 am – 4.00 pm  
Thursday, 9.30 am – 2.30 pm  
Appt. necessary  
Bulk billed

**STRENGTH AND BALANCE**  
Monday 9.00 am – 10.00 am  
Community House

**FOR ALL COMMUNITY  
HEALTH APPOINTMENTS**  
5484 4465

## What's happening at your health service

### REDEVELOPMENT

Stage 3 of REDHS Redevelopment is continuing to move very quickly, with much of the new roof having been installed on the last stage. This section of the building has approximately 1300 mt<sup>2</sup> of floor space and is progressing well with lots of trades working on the site. With almost all of the roof complete the site now has protection from the elements, significantly reducing any further risks of delay. REDHS can now begin to plan for the final move scheduled for April next year.



### TWO -WAY COMMUNICATION

It is important that REDHS continues to provide information to the community in a variety of ways and for community members to tell us whether the services we are providing are meeting their needs and are of a high standard. It is also important that REDHS hears about suggestions for any new services.

Information about your health service can be accessed by:

- Information brochures available throughout our facilities
- Community Newsletter
- What's Happening page and columns in Campaspe News
- By telephone
- Our website at [www.redhs.com.au](http://www.redhs.com.au)

If you would like to pass on your opinions, ideas or concerns, a number of methods are available to you:

- Fill out a Compliments/ Suggestions/ Complaints form (available from Reception and all other departments), then hand it in or mail it to us
- Complete surveys when requested
- Email us direct at [rochosp@redhs.com.au](mailto:rochosp@redhs.com.au) or via our website
- Write a letter to the Chief Executive Officer (PO Box 202, Rochester Vic 3561)
- Come and talk to us - but if you would like to see specific personnel, it is best to make an appointment so that sufficient time can be set aside

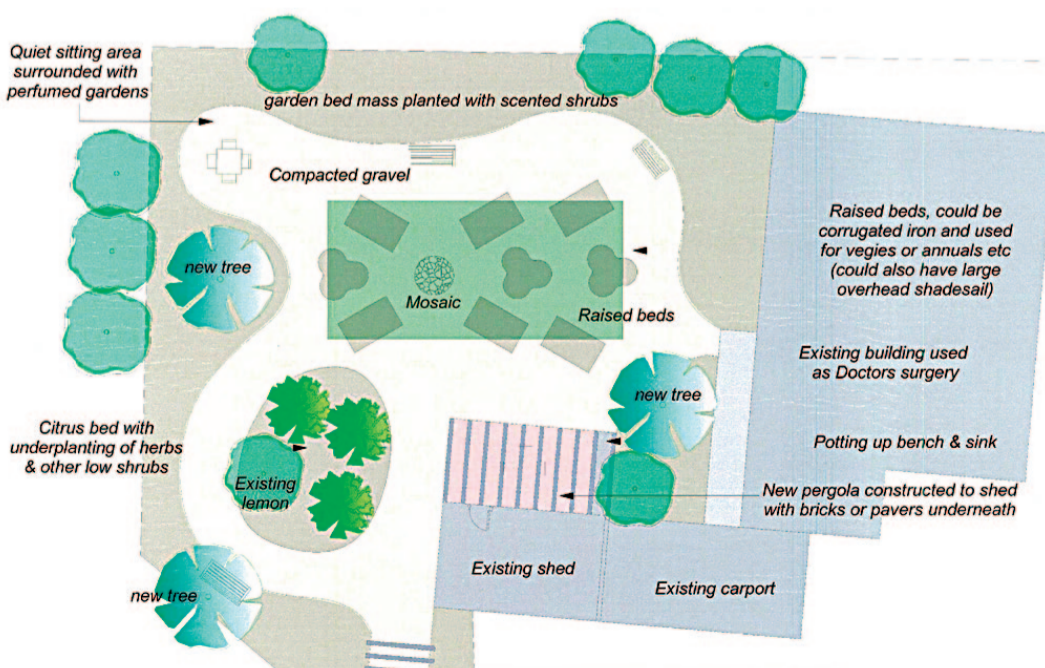
### ROCHESTER COMMUNITY NETWORK GARDEN

Our community garden is well underway with the completion of layout and plans by landscape designer Sue Beveridge. After many discussions and meetings with aged care residents and community groups, Sue has incorporated raised, wheelchair friendly vegetable beds, fragrant spaces and even a citrus plot to be created in the designated area just in front of our aged care facility.

To turn these plans into reality, Brett Shotton has been appointed as project worker for the garden and is already busy obtaining quotes and organising the preliminary work.

After the initial works are completed we would welcome expressions of interest from community members who have garden materials, shrubs, cuttings, etc. that they are able to donate to the garden. Please contact Brett for more information as our plant list is fairly specific (no thorns, prickles, etc.)

To all those willing gardeners who have indicated their interest in volunteering, we will be having a volunteer training day early in 2010. To register for this please contact Carmel at REDHS Primary Care on 5484 4465.



### REDHS Elmore Field Day Site

REDHS again participated in Health Promotion at this years Elmore Field Days in partnership with Bendigo Community Health Service and Elmore Primary Health. The focus this year was looking after yourself with screenings for diabetes, cholesterol and blood pressure tests and many people undertook these free tests over the three days.

### FOAP Exercises (Fitness for Older Adults program)

FOAP exercise classes for people over 50 years of age are held each Thursday between 10.00 am – 11.00 am. These classes are designed especially for men and women over the age of 50 and are tailored to meet individual needs. Exercise assists to reduce weight, increase flexibility and stamina, reduce high blood pressure, better sleep, increase strength and reduce the incidence of falls, and maintain bone density.

These classes are held at Rochester Community House, Mackay Street, at a cost of \$4. For further information contact Community Health on 5484 4465.

### Physiotherapy

An inpatient and outpatient physiotherapy service is available on Wednesdays and Thursdays. Appointments by referral. For further information please phone Community Health on 5484 4465.

### Diabetes Educator

A Diabetes Educator attends REDHS Community Health on Thursdays. Clients are able to attend with a GP's referral or self referral is accepted. For further information or bookings please phone Community Health on 5484 4465

### Counselling/ Social Work

This service is available to anyone who has issues; it could be that the drought is causing you stress, the loss of a relative, financial difficulties or any other emotional upheaval.

Appointments can be made by phoning Community Health on 5484 4465.

### REDHS Radiology Service – (X/Ray)

REDHS Radiology Service is held on Tuesdays and Thursdays at Elmore Medical Practice, Elmore, by appointment with a referral from a GP or other health professional. For appointments or any queries phone Community Health on 5484 4465.

**ALL X/RAYS AT REDHS ARE BULK BILLED.**

### Podiatry

(HACC Funded) Eligibility criteria applies \*priority is given to high risk clients Consulting days are Monday, Friday and every 2nd Tuesday Referral required, for appointment phone Community Health on 5484 4465.

### Private Podiatrist

Aged Foot Care Australia provides a DVA & private podiatry service at REDHS. For further information or an appointment please phone Community Health on 54844465