

## What's happening at your health service

### FLOOD RECOVERY

Counselling services are available to members of our community who require such support due to effects of the floods. REDHS has received additional funding from the Victorian Department of Health for counselling and service coordination for people affected by the floods. Information and bookings are available through Primary Care reception – phone 5484 4465.

People requiring any other assistance regarding housing or grants that are available can contact the Victorian Department of Human Services on 1300 165 413.

### ARTHRITIS AWARENESS WEEK

27 MARCH TO 2 APRIL 2011

Arthritis can be many conditions including osteoarthritis, rheumatoid arthritis and juvenile arthritis. Collectively, musculoskeletal health conditions affect 20% of the population and numbers are growing with an ageing population.

The Rochester Arthritis Support Group will have a display at the Rochester Community House Pamper Day on 29 March 2011. Information about managing arthritis and the assistance that the Arthritis Foundation and support group can provide will be available.

The local support group consists of people who are living with arthritis and meets at 10 am on the second Tuesday of the month at REDHS (next meeting is Tuesday 12th April 2011). For further information, contact Barbara on (03) 5484 3258.

### ASSISTANCE FOR REGIONAL TRAVELLERS

A new pilot project to help regional and rural Victorian travellers get to their medical appointments in Melbourne safely and confidently will commence on 8 March 2011. This service is free and available to all those travelling to Melbourne by train for appointments. People wishing to use the service from this date can call 1300 700 399.

Bookings are essential and 24 hours notice is required. The project is a joint initiative between Travellers Aid Australia and the Victorian Government's Transport Connections Program. For more information, please contact Fran Henry, Coordinator, on 03 9654 2600 or fran@travellersaid.org.au.

### SUSTAINABLE FARM FAMILIES PROGRAM

In February staff at REDHS, in conjunction with the Department of Primary Industries and Western District Health Service, Hamilton, ran two successful Sustainable Farm Families (SFF) programs.

The programs were the second year of a three year project targeting groups of farmers within our area. The Rochester program was a one day program with Campaspe Dairy Discussion Group and other farmers attending a follow up day for a program run 12 months ago.

As part of the SFF program participants have a health assessment completed by registered nurses and education about a variety of health issues. The aim is to educate farmers to change health and safety behaviours and attitudes.

This group will be invited to return for a final session next year.

### SUPPORTING OUR COMMUNITY

Many requests have been received from local service providers for space in our primary care wing as their usual accommodation is not available due to the floods.

We are endeavouring to accommodate requests where possible, to ensure that services are available for our community.

### DO YOU STRUGGLE TO LOSE WEIGHT?

Why not have a chat to our Dietitian who can assist you to lose weight by focusing on;

- Goal setting and overcoming barriers to change
- Non-hungry eating and emotional eating
- Body image and self esteem
- The psychology of weight loss
- Sabotage

For further information about our dietitian or any other primary care service, please contact Primary Care Reception on 5484 4465.



## PLANNED ACTIVITY GROUP

Indoor bowls, bus trips, arts and crafts and concerts are just some of the many activities enjoyed by community members who attend the Planned Activity Group at REDHS.

Planned Activity Group is funded by the Victorian Government through the Home and Community Care (HACC) program. The HACC program is designed to help eligible community members keep well and active and to maintain as much independence in their homes as possible. The program also provides respite for carers.

Planned Activity Group sessions and outings are co-ordinated by REDHS staff who are assisted by a very enthusiastic and supportive team of volunteers. Apart from the activities listed above there are many others including physical activity exercises tailored to individual abilities (for example, strength training), arts and crafts, book group, bus and shopping trips, bingo, quizzes and puzzles, numerous theme days (for example, St Patrick's Day this week), talking with friends and receiving advice on nutrition, health and wellbeing.

The group meets Monday, Wednesday and Friday in the spacious, light filled Function Room of the new Primary Care wing at REDHS. There is a small daily fee which includes a two course lunch. Income level and ability to pay are considered, with special consideration available to people with limited finances.

For more information, or to check if you or someone you know is eligible to use this very worthwhile and enjoyable program, please contact Ann Maree or Fiona on 5484 4448 between 9.00 am and 4.00 pm, Monday, Wednesday and Friday.



For appointments or information on these services, please contact Primary Care reception on 5484 4465. Referrals are essential.