



Community Health News February 2008

COMMUNITY HEALTH TONGALA



Brooke Myrtle

"Kyabram and District Health Services and Campaspe Early Childhood Intervention Services provide outreach speech pathology services to Tongala once a fortnight.

Services are available for community health pediatric clients and early childhood intervention clients aged 0-6 years.

For more information please contact the speech pathologist at Kyabram and District Health Services on 5857 0276.

To learn more about Speech Pathology visit www.speechpathologyaustralia.org.au "

Social Work & Counselling Services

- Mental Health Issues
- Grief & Loss
- Family Violence
- Anger Management
- Personal Development
- Positive Parenting
- Bullying
- Youth Issues
- Drought Issues
- Group Sessions

Kyabram & District Health Services
Community Health Tongala
 12 Purdey Street
 03 5857 0245 03 5859 1396



Community Health Nurse

Wednesdays & Thursdays
Every 2nd & 4th Friday of the Month

Initial Health Needs Contact
Linking Available Services Referrals
Health Promotions

Diabetes Educator

Every 2nd & 4th
Tuesday Mornings

Health Promotion

Education on Health Risks
Falls Prevention
Physical Activity
Quit Smoking
– Plans & Resources

Speech Pathology

Speech Pathologists are trained to assess, treat and help people who have communication and swallowing difficulties of all ages

Open Hours	
Monday	CLOSED
Tuesday	9.00 – 12.30
Wednesday	9.00 – 4.30
Thursday	9.00 – 4.30
Friday	
Open every 2 nd & 4 th Friday of the Month	

Other Services Available Community Health - Kyabram

- Physiotherapy
- Gentle Strength Training
- Occupational Therapy
- Visiting Services - Rural Health Podiatry
- Pulmonary Rehabilitation
- Asthma Education
- CECIS
- PAG
- Dietician
- Cardiac Rehabilitation
- Maternal & Child Health Nurse

Mission Statement

A Commitment to Excellence in Health Care

Well Womens Clinic

Pap testing, breast self-exam, pregnancy testing, info on contraception, menopause, incontinence, osteoporosis and STD's
Private appointments.
Ph: 5857 2400 for an appointment



Speak up if you have any questions or concerns
Ask Questions & Expect Answers that you can understand. Ask a family member, carer or interpreter to be there with you, if you want.



VISITING SPECIALTIES

Tongala Immunisation Sessions are held on the 3rd Monday of every month. The next one is on 17th March.

In March/ April the Shire will commence a flu vaccination program. This vaccination is \$22.00 and is recommended for anyone who wishes to protect themselves from the Flu this winter.

It is great to see the community embracing their Health Service and utilising the services that we are offering. If you have any queries or need more information or any suggestions for future services— please contact us on 5857 0245 or 5859 1396 (to leave a message) or come and see us at 12 Purdey St.

Pamphlets with more information and detail are available from Community Health Tongala.



FREE Miracle Health Tonic on Offer ?



This tonic controls weight, elevates mood, strengthens bones and muscles, fights heart disease, improves lung capacity, lowers risk of cancer, diabetes and stroke, promotes creativity, lengthens life...



PHYSICAL ACTIVITY

All it takes is 30 minutes of a moderated activity such as walking, most days of the week.

We are seeking interest in starting a walking group in Tongala

Information Session – Discuss Program in Tongala

Guest Speaker **Maxene Hughes** – One Step Forward Program

1.30pm Thursday 20th March

Afternoon Tea supplied

Please RSVP for catering needs

Please contact Community Health Tongala on 5857 0245 or 5859 1396

Please email chtongala@kyhealth.com.au

The Campaspe One Foot Forward project aims to support health and community services staff and volunteers by providing walking facilitator training and mentoring support to established walking groups in various local communities across Campaspe. Currently the project is being expanded to include developing new walking groups within the Shire.

This is a great opportunity to establish Tongala's own walking program, with all the support and training that is currently available.

DIABETES

Diabetes is the fastest growing non-infectious disease in the world. For every person who has diabetes there is another person who has it and doesn't know.

If diagnosed early, diabetes can be effectively managed and the risk of serious health problems greatly reduced. Type 2 diabetes the most common form of diabetes, it can be successfully managed or even prevented by maintaining a healthy weight, engaging in regular physical activity and having healthy eating patterns.

Type 2 diabetes accounts for 85% of people with diabetes.

Do you have Type 2 diabetes?
Are you unsure of what treatment you need? **Or**
Do you need some updated information about your condition?

Appointments can be made to see Wendy Pogue the Diabetes Educator by contacting Community Health Tongala on 5857 0245 or Community Health Kyabram on 5857 0243.

Wendy visits Tongala every 2nd and 4th Tuesday of the month between 10am and 12 midday.

What you need to make an appointment?

You will need to have a referral from a doctor.

COMMUNITY HEALTH TONGALA