

COMMUNITY UPDATE

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Spotlight on men's health

Ambulance Victoria paramedics Joe, Jacob and Brodie revived an important conversation around men's health last month.

As Team Mallee, the men took up the Movember challenge and grew moustaches to support and help change the lives of all the dads, brothers, sons and mates in their lives.

Not only did they help to raise awareness of the health crisis facing men globally, they raised almost \$800 for the cause.

Swan Hill paramedic community support coordinator Joe Colombo said the main reason he, Jacob and Brodie became advocates was to increase the urgency of discussions around men's physical and mental health – not only when things become a concern, but well before then.

"The preventative measures we can take with health are underrated, but they are the best methods of healthcare," Joe said.

"Self-reflection and checking your mind and body may seem tedious, but in the long run you will be more connected, more in tune and more able to decide if there's a need to escalate something and talk to a GP or other health professional."



Above: Ambulance Victoria paramedics Jacob and Joe showing off their moustaches at the end of Movember.

Meet the new faces at MTHCS

The Sea Lake community is invited to join us for the 2021 MTHCS Annual General Meeting, coming up soon on December 16.

The event provides an opportunity for members of our community to hear from and meet our board directors.

To ensure a COVID-safe event, please RSVP by December 10 by calling MTHCS Sea Lake on 5070 2155.

Please note it is a requirement of entry at the venue for all attendees to be double vaccinated, and proof of vaccination will be required.

The AGM will be held at the Ouyen Club (9 Pickering Street, Ouyen) at 7pm. It will be followed by light refreshments.

Transportation to the AGM is available, so please advise if you require this service.



Above: Jim and Pat Prater, together with the other Sea Lake residents, last week enjoyed making Christmas trees and reindeer to decorate the walls.

Employment opportunities

MTHCS has a number of non-gender specific roles available. At MTHCS we define our expectations and are accountable for our actions.

Payroll Officer (12-month maternity leave)

Do you have an excellent eye for detail, are driven by timeframes and enjoy working collaboratively? MTHCS is searching for an enthusiastic individual to join their People and Culture team and be responsible for all payroll duties. The position is required to provide accurate and timely processing of the organisation's payroll as well as assisting with planning, organisation and co-ordination of all payroll and HR functions.

Children's Services Educators

We are seeking enthusiastic, self-motivated individuals who would like to join our Mallee Minors Childcare team at Ouyen or Sea Lake, with the flexibility to work at other Early Years centres within the cluster. We are currently offering positions to applicants who are Certificate III and Diploma qualified, as well as the opportunity to complete traineeships. Full time/part time and casual positions are available.

Food & Domestic Services Assistant (Casual – Ouyen)

We are seeking enthusiastic, approachable and well-organised individuals who would like to join our Hotel Services team. Duties will include (but are not limited to) menu collation, food preparation and cleaning.

MTHCS is an equal opportunity employer. Visit www.mthcs.vic.gov.au/employment for casual positions, position description or for further information about these exciting roles.

To apply: provide your resume with cover letter to payroll@mthcs.vic.gov.au or People & Culture, PO Box 130, Ouyen 3490.