

COMMUNITY UPDATE

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March 17, 2022

New Mental Health outreach service



Welcome to Natarsha Hickey and Renae Bonica (PICTURED ABOVE) who were recently appointed to the MTHCS Rural Outreach Worker (ROW) roles in Ouyen and Sea Lake.

The service is free and both Renae and Natarsha will travel throughout the Mallee Track catchment. Appointment of the ROWs ticks off a major first phase of the MTHCS Mental Health program to provide immediate local support to the community.

ROWs are not therapists or counsellors - instead they will support people to link with and navigate the specialist support services they need. If you're struggling or caring for someone who is struggling with mental health issues, call Natarsha on 0429 001 181 or Renae on 0429 090 942 or send a text for a chat or to arrange a confidential home visit.

We are proud and excited to have this program getting underway.

There's Been A Glitch..



The Royal Flying Doctor Service (RFDS) Dental Van is still off the road after breaking down last week on the way to Sea Lake and having to be towed to the mechanic.

Unfortunately, that means the van won't be in Sea Lake next week for dental appointments. All clients who had booked an appointment will be notified directly by the RFDS to reschedule.

Happy, Healthy Kidneys!

With Kidney Health Day happening last week, what better time to talk all things kidney! Kidneys are the unsung heroes of our bodies and perform a number of important jobs. They control blood pressure, clean blood, create urine, and manage Vitamin D production. A key tip from Kidney Health Australia is to be mindful of food and exercise. Eat a balanced diet consisting of fruit, vegetables, wholegrains, proteins and low-fat dairy products. And where possible, minimise long periods of time sitting and be active on most days (if not all) during the week.

MTHCS has a range of Exercise groups, including chronic disease management, starting in the coming months that can help you to lead a more active lifestyle. For more information on the exercise programs, call the Allied Health department on 50921111.

Remaining COVID Vigilant

We hope everyone had a chance to recharge and relax over the Labour Day long weekend!

We're asking that people remain COVID vigilant - with the extra movement and socializing that comes with a long weekend, please ensure you are keeping an eye out for any COVID symptoms, isolating if necessary, and testing if needed.

RAT tests are easily accessible and can help prevent spreading of COVID.

Delivering Better Cancer Care

If you or a family member have, or have had, cancer, you are invited to participate in a survey aimed at helping improve cancer services across the region.

Scan the QR code to find out more:

Have
your
say!



See You At Exercise Group!

Meet us at the Rotunda near the Public Toilets on the Highway for this week's exercise group! It's each Wednesday at 9:30am.

It's just \$5 per session. Don't forget to bring a drink bottle and sun protection!

Please remember to stay home and get tested if you feel unwell or have Covid symptoms.

To register or ask any questions, please call (03) 5092 11 11 and choose Option 1, and ask to speak to someone from "Exercise Programs."

Employment opportunities

We have a number of non-gender specific roles available. At MTHCS we demonstrate care, kindness and empathy and embrace positive change.

Leisure and Lifestyle Workers

Fixed term and ongoing part time positions

Registered Nurse

0.9 EFT to commence immediately (ongoing).

1.0 EFT fixed term until 15th May, 2022.

Casual Bank.

Endorsed Enrolled Nurse

0.7 EFT to commence immediately (ongoing).

Casual bank.

Mental Health Clinician (Full Time)

The Mental Health Clinician will work across the MTHCS catchment and within the Ouyen, Murrayville and Manangatang P12 colleges

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

MTHCS is an equal opportunity employer. Visit www.mthcs.vic.gov.au/careers for all other positions and further information about these exciting roles.



Ouyen Service Centre: 5092 1111
Sea Lake Service Centre: 5070 2155
Murrayville Service Centre: 5092 1111
Underbool Service Centre: 5092 1111

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