

# COMMUNITY UPDATE

June 9, 2022

WWW.MTHCS.COM.AU

## Call ahead for Urgent Care

Infections of COVID-19, influenza, gastroenteritis and other illnesses are putting our healthcare system under extreme pressure, including MTHCS Urgent Care Centres.

**To help us provide the best care possible, please phone our Urgent Care Centres before arriving (if possible).**

This gives us the opportunity to talk to you about your health concerns and explore the possibility of using telehealth, when possible and clinically safe. Telehealth means having a consultation with a healthcare provider by phone or video call. It's not intended to replace essential visits to the doctor, but can be a good solution when medical professionals aren't on-site for face-to-face consultations. Telehealth can also reduce the need to transfer people to Swan Hill or Mildura.

**Ouyen Urgent Care Centre (03) 5092 1111**

**Sea Lake Urgent Care Centre (03) 5070 2155**

**In an emergency phone 000**

## COVID-19 and flu vaccinations

**COVID-19 vaccinations:** It's not too late to get your COVID-19 vaccination. Vaccinations are available through our medical clinics for both adults and children. Please phone your local clinic to make an appointment.

**COVID-19 winter vaccination:** The eligibility criteria for the fourth dose of the COVID-19 vaccine has expanded slightly, but still has some limitations. Please phone your local medical clinic to discuss your eligibility prior to making an appointment.

**Flu vaccinations:** Free influenza vaccines will be available during the month of June to people over six months of age. This is part of a State Government move to reduce pressure on the health system by vaccinating people against the flu to avoid illness and hospitalisation. We are working to ensure we have a good supply of vaccines. Please phone your local medical clinic to make an appointment.

**Ouyen Medical Clinic: (03) 5092 1168**

**Sea Lake Medical Clinic: (03) 5070 2118**

## Working together

MTHCS and the Ouyen Pharmacy continue to work closely together to ensure we provide the best services we can for the local community. MTHCS CEO Lois O'Callaghan and Practice Manager Shirley Vallance recently met with Alex from the pharmacy to discuss quality improvements including improving discharge medication services for people in the community who are returning home from hospital. It is fantastic to be part of a community that works together to look after each other!

*Pictured below: Alex from Ouyen Pharmacy and Ouyen Practice Manager Shirley Vallance.*



## Keeping your kids healthy

Children are resilient, so it can be difficult to know when to send them to childcare/kindergarten and when to keep them at home.

In general, if they have any of the following symptoms, it's best to keep them home where they can rest and be cared for:

- Fever
- Cough
- Sore throat
- Green runny nose
- Nausea/vomiting
- Diarrhoea
- Undiagnosed rashes
- Conjunctivitis
- Lethargy
- General discomfort/distress

Our Early Years team members are happy to chat if you are not sure.

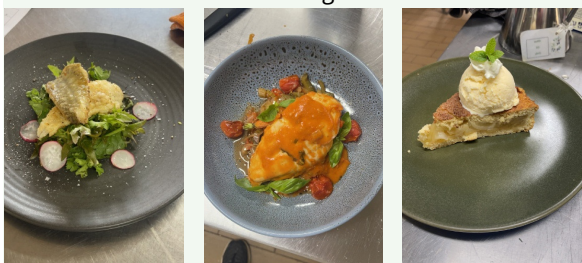
## Nick enjoys a sweet victory

Congratulations to MTHCS apprentice Nick Coe for winning the SuniTAFE commercial cookery competition!

The annual competition is open to commercial cookery students and apprentices and this year, the challenge was to cook a three-course meal. For the first course, Nick served an entree-sized flounder fish which included filleting and cleaning the fish, cooking it to perfection and then serving with salad. For the next course, he was presented with a whole chicken to create a dish with. Nick made a sumptuous poached chicken breast in creamy tomato sauce. For the final course, he topped off his performance with an apple pie.

Nick was declared the winner and will compete in the next stage in Bendigo in coming weeks. The victory was especially sweet for Nick, who came second in last year's competition. Nick says his success at the SuniTAFE event "is a direct reflection of how lucky I am to work in such an amazing environment and I am extremely grateful to all of my colleagues who have shared their knowledge with me".

*Pictured below: Nick's winning three-course meal.*



## Employment opportunities

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

Current full-time and part-time positions available include:

- Children's Educator (qualified, unqualified, trainee)
- Endorsed Enrolled Nurse/Enrolled Nurse
- Mental Health Clinician
- Nurse Practitioner
- Occupational Therapist
- Registered Nurse

Various casual roles are also available.

**Visit [www.mthcs.vic.gov.au/employment](http://www.mthcs.vic.gov.au/employment) for more information.**



**Ouyen Service Centre 5092-1111**

**Sea Lake Service Centre 5070-2155**

**Murrayville Service Centre 5092-1111**

**Underbool Service Centre 5092-1111**

**WWW.MTHCS.COM.AU**

