

TRACK Talk



We Remember ...

Ouyen Community Gathers to raise Dementia Awareness

A good deal of thanks goes out to MTHCS volunteer Sue Gilchrist and the Community Service team's Vanessa Morrish for organising a gathering of over 70 community members to listen to speaker Bertilla Campbell from Dementia Australia. What became immediately apparent was the comradery of the assembled group as carers of loved ones who were currently dealing with dementia or relatives of those that had passed talked together. The recent loss of Sue's sister in law inspired her to create over 200 crochet purple hearts for the crowd to wear over their own hearts and remember. "It's so important that we gather and share our experiences. And now the community knows who we are, they can approach us with questions and reach out to Vanessa for assistance. You really don't know who could be suffering silently, so the more we speak about this terrible disease the better," said Sue Gilchrist. Vanessa and Bertilla led the way from Ouyen Lake's BBQ area up to the Dementia Garden for community members to plant their messages and find peace in their shared journey.



HAEUSLERS & FOUNDATION OF MALLEE TRACK PRESENT STRINGS & SUNSET

FROM 6:30PM ON FRIDAY 14 FEBRUARY 2025 @ LAKE TYRRELL 700 ELLIOTTS ROAD, PIER MILLAN

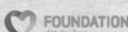
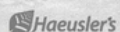
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FROM 6:30PM ON FRIDAY 14 FEBRUARY 2025 @
LAKE TYRRELL 700 ELLIOTTS RD, PIER MILLAN.
TICKETS ARE \$150/EACH OR \$1,500/TABLE OF 10
RSVP TO FOUNDATION@MTHCS.VIC.GOV.AU OR
CALL SHARON MALONEY ON 0411 104 598

THE INAUGURAL FOUNDATION OF MALLEE TRACK EVENT,
AN ELEGANT BLACK TIE EVENING FILLED WITH GREAT
TASTES, GOOD COMPANY AND ENTERTAINMENT, ALL TO
CELEBRATE LIFE IN THE MALLEE.

A MAJOR FUNDRAISING EVENT BY THE FOUNDATION
ENABLING THEM TO PROVIDE ADDITIONAL SERVICES AND
EQUIPMENT TO MALLEE TRACK HEALTH, NOT CURRENTLY
BEING FUNDED.

COME ALONG, SUPPORT A GOOD CAUSE AND ENJOY
VALENTINE'S DAY WITH SOMEONE SPECIAL OR THE
COMMUNITY AT LARGE!



SEA LAKE YOUTH CONNECT & TRAUMA RECOVERY ART PROJECT AS CARINYA OPENS IT'S DOORS TO THE PUBLIC

If you get the opportunity to pop into Sea Lake's Neighbourhood House at Carinya and view the artwork created by Tyrrell College students you won't be disappointed!

Sea Lake and the surrounding towns have recently faced the loss of several community members, compounded by the challenges of the COVID-19 pandemic. In these difficult time, art can serve as a valuable medium for expression and comfort, providing individuals with the means to process their emotions and regain control over their personal narratives.

This project was designed to offer the youth of Sea Lake and district an opportunity to convey their emotions through art, specifically through a series of "Paste Ups" displayed on the walls of the new Sea Lake Neighbourhood House precinct, 'Carinya'.

With the support of the funding a large-format printer and a variety of art materials were procured. Over the course of six weeks, students from years 7 to 10 engaged in the project, creating digital artworks that represented their personal interest, relationships and experiences. Some participants also chose to honor and symbolize loved ones they had lost.

Once completed, these digital artworks were printed in large format and further embellished using pencils, paint, alcohol ink pens, acrylic paint pens, and gold leaf.

Kelly and the NHH crew shared, "We extend our sincere gratitude to all the participants who contributed to this meaningful workshop. And to our joint funders Buloke Shire Council, the Australian and Victorian Government's Community Recovery Hubs Program and Vic Health."



NEIGHBOURHOOD HOUSE NEW RURAL OUTREACH TEAM MEMBER FOR OUYEN

SIMONE GRAYLING Mallee Track Health and Community Service is pleased to welcome Simone Grayling to the Rural Connection Team. Simone will serve in dual roles as a Rural Outreach Worker and Ouyen Neighbourhood House Coordinator.

In her capacity as a Rural Outreach Worker, Simone will assist individuals in connecting with necessary services, providing support across all age groups within the Mallee Track community. At Ouyen Neighbourhood House Simone will oversee programs and activities aimed at fostering community engagement.

We are very excited to have Simone join the team.



ACKNOWLEDGMENT TO TRADITIONAL OWNERS

"We would like to acknowledge and extend our appreciation for the Wiradjuri, Jandjara, Jandjara, Wergaia and Japurrpa peoples of the Wiradjuri Nations, the traditional owners of the land that we live, play and work on and all other lands represented. We recognise that these lands have always been places of healing, learning and caring for elders. We pay our respects to leaders and Elders past, present and emerging for they hold the memories, the traditions, the culture and the hopes of all Indigenous Peoples. We express our gratitude in sharing of this land, our sorrow for the personal, spiritual and cultural costs of that sharing and our hope that we may walk forward together in harmony and in the spirit of healing."



TRACK



Talk

THE BOARD OF MTHCS, CEO, EXECUTIVES & ALL OUR STAFF
WOULD LIKE TO WISH YOU A VERY

MALLEE
CHRISTMAS



Graduate programs flourish at Mallee Track as staff successfully complete their education journey with support and funding.

Trudi Peters has been studying and working diligently, having recently finished her graduate year with MTHCS and completing a Bachelor of Enrolled Nursing from Federation University. After working for many years as a Personal Care Worker, Trudi wanted to advance her career in health and has not looked back.

Trudi shared with us, "I absolutely love it here at Mallee Track, I've been given so many opportunities and support. I've completed my RUCON training, been out with the district nurses and spent time in the clinic. It's just a great place to work and learn!"

Sea Lake has attracted a graduate Enrolled Nurse from Queensland this year too. Caleb Donnan has studied at Queensland TAFE and is excited by the opportunities that working in a regional hospital can bring. Hands on exposure to residents and the expertise of our nursing staff will help shape his future endeavours.

Whether you're a mature age worker, high school student or returning to work after a break, there are many opportunities for a rewarding career at Mallee Track Health and Community Service so please get in touch with our People and Culture team on (03) 5092 1111 or go to the MTHCS website www.mthcs.com.au/careers to find out more.

Intergenerational Play Therapy ...

the benefits for old and young are clear and the kids from Mallee Minors and Pattinson House residents have embraced the opportunities it brings!

Every Tuesday the Wattle children from Mallee Minors Childcare Centre visit the residence at Pattinson House. Leisa Cronin and Jo Grayling drive the program, both whom are trained through the Australian Institute of Intergenerational Practice to deliver the program. To begin with Leisa and Jo had a vision to bring two generations together within our community. The benefits of the program support the improvement and development of positive mental, physical, and cognitive wellbeing for both generations.

"Over the past 12 months educators have watched relationships form growing in such a way that parents of the children involved are now taking the children to visit their friends at Pattinson House in their own time." said Leisa.

Director of Community Services Lyndal Munro couldn't agree more, "Staff have embraced the intergenerational programs and the joy it puts on everyone's face. These programs contribute to people's emotional wellbeing and strengthens community bonds. Programs like this are so important to contribute to individual resilience, through stronger community connections and support systems."



Xmas & Holiday Open Hours

2024 CHILDCARE CLOSURES & 2025 OPENING DATES

Murrayville ELC Children's last day of Childcare- Friday 20th December 2024 Children's first day of Childcare- Wednesday 15th January 2025	Murrayville Kinder Children's last day - Wednesday 18th December 2024 Children's first day - Friday 31st January 2025
Ouyen Mallee Minors Children's last day of Childcare- Tuesday 24th December 2024 12:45pm close (half day) Children's first day of Childcare- Monday 6th January 2025	Manangatang Preschool Children's last day - Wednesday 18th December 2024 Children's first day - Thursday 30th January 2025
Sea Lake ELC Children's last day of Childcare- Tuesday 24th December 12:45pm close (half day) Children's first day of Childcare- Monday 6th January 2025	Ouyen Preschool Children's last day - Wednesday 18th December 2024 Children's first day - Thursday 30th January 2025
Underbool ELC Children's last day of Childcare- Thursday 19th December 2024 Children's first day of Childcare- Tuesday 14th January 2025	Sea Lake Kinder Children's last day - Wednesday 18th December 2024 Children's first day - Tuesday 28th January 2025
	Underbool Kinder Children's last day - Tuesday 17th December 2024 Children's first day - Thursday 30th January 2025

