

## Friends of CHIRP

CDCH recently nominated the Friends of CHIRP Auxiliary for the 2014 Minister for Health Volunteer Awards. The Friends of CHIRP Auxiliary is a dedicated team of volunteers who have supported CDCH for more than twenty years through a broad range of initiatives including catering for special events and board meetings, promotions and conducting fundraisers.

Their tireless fundraising efforts have allowed the purchase of equipment for the gym and physical activity programs, chairs for the waiting room, professional development for staff, and resources for the children's and family groups. Their fundraising also enabled the purchase of a caravan for outreach health screenings in the community (no longer in operation). Significantly, their contribution was instrumental in the refurbishing of a building into the gym which is now host to thirteen affordable activity groups per week. Their contribution to the community has been both meaningful and substantial.

To become a member of Friends of CHIRP Auxiliary call reception on **(03) 5479 1000** and ask for more information or visit our website.

## Diabetes Services

Credentialed Diabetes Educators provide one-on-one consultations for people with diabetes or pre-diabetes. This service is also available for carers and family members.

Service includes:

- initial assessment and future re-assessments as required
- developing a self-management plan with individual achievable goals and setting planned actions
- provision of education in relation to the latest diabetes evidence based

care guidelines (this includes pre-diabetes prevention management)

- review and monitoring of the self-management plan.

Diabetes Nurse Educators work collaboratively with other service providers where required, such as GP's, Endocrinologist, Dietitian, Podiatrist, and many others, to give you the best possible chance of maintaining optimal health.

Communication between service providers is important, especially between a person's GP or Specialist in relation to any

significant changes or planned actions.

### Eligibility

All age groups are welcome - people with diabetes, pre-diabetes or their family / carers. Self referral and GP / Specialist referrals are accepted.

### To Arrange an Appointment

Drop in or phone our reception desk on **(03) 5479 1000** to make an appointment. Generally an appointment will be available within one to two weeks.

**Cost:** Consultations cost \$10. Should payment of this fee stop you using this service, please make this known to the Receptionist.



Castlemaine District Community Health Diabetes Educators Kay Pedretti (above) AND Andrea Long (below)



If you would like to receive this newsletter by email, please provide your email address to: [email@cdch.com.au](mailto:email@cdch.com.au)

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# Health Promotion Newsletter



**Castlemaine District  
Community Health**  
*Facilitating Better Health*

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## Tai Chi programs expand across the district

Janine Truscott is a physiotherapist who started practicing Tai Chi 20 years ago. "It resonated with lots of things I had been teaching clients, in terms of how to move and how to protect their joints and I even use some of the movements as treatment techniques for clients".

Through her work at Castlemaine District Community Health over the last 17 years, Janine has established a number of Tai Chi

classes in the region. Several sessions have been established in Castlemaine, as well as others in Barfold, Fryerstown, Newstead, Guilford, Maldon and Taradale. Please contact Janine Truscott at Castlemaine District Community Health for more details about any of these sessions. The Castlemaine District Community Health website also has further details:

<http://www.cdchcastlemaine.com.au>



Tai Chi can be done while sitting down

## Upcoming Level 2 First Aid and CPR courses

### Level 2 First aid courses:

Fri 27th June @  
Uniting Church Hall  
Castlemaine  
9am - 5pm  
Cost: \$125

Fri 25th July 2014 @  
Uniting Church Hall

Castlemaine  
9am - 5pm  
Cost: \$125

Fri 17th Oct 2014 @  
Uniting Church Hall  
Castlemaine  
9am - 5pm  
Cost: \$125

### CPR Course:

Thurs 19th June &  
CDCH  
6.15—8.15pm  
Cost: \$45

Costs for all courses includes workbooks and certificates. Call reception on **(03) 5479 1000** to book.

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### Harcourt walking group

Castlemaine District Community Health runs a number of affordable physical activity groups in the area. The Harcourt Walking Group is a recent addition, and part of their expansion of exercise programs throughout the district.

Participants walk for up to one hour, and this will be followed by a cuppa and chat.

Meet outside the Harcourt Museum and ANA Hall on

### Heart moves

Heartmoves is a physical activity program facilitated by a trained Fitness Instructor. Strength, aerobic and stretching exercises are adapted for those with special needs.

The program is suitable for people of all ages and abilities. To gain maximum benefit it is recommended that participants attend twice a week.

**To Join a Group**  
New participants

High St, at 9.30am on each Monday.

Fitness is not necessary, and anybody interested is encouraged to try it out.

“My doctor recommended exercise, and when I read that a local walking group was starting up, I was interested but hesitant as I had nobody to go there with. I did attend, have formed many friendships within the group, and look forward to walking

with the group each week”, says a participant of a walking group recently set up in Maldon.

CDCH volunteer and nurse Kerry Calcraft will be at this group to measure blood pressure before and after the walk. These measurements allow participants to know whether they are walking at the correct pace.

All are welcome to attend and no RSVP is required.

can join at any time. Phone reception on **(03) 5479 1000** and ask for the Heartmoves registration form. The registration form needs to be completed prior to joining the group. A GP assessment may be required.

**CAMPBELLS CREEK** - Sessions are held on **Tuesdays and Thursdays from 1pm to 2pm** at the Campbells Creek Community Centre.

**CASTLEMAINE** - Sessions are held on **Wednesdays and Fridays from 9am to 10am during school terms**, in the Castlemaine District Community Health gym.

**MALDON** - Sessions are held on **Tuesdays and Thursdays from 2 - 3pm during school terms**, at the Maldon Hospital.

**Cost:** \$5 per session.

*Karen Smith: “We had an 86 year old male who arrived at our Heartmoves class using a walking frame with difficulty. After attending Heartmoves for only 18 months, he was walking into class unaided”*



**Karen Smith, Heart Moves instructor**

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### Walking tours

Castlemaine District Community Health now runs the successful walking tours that were set up by Mt Alexander Shire Council last year. Several tours have already occurred this year, but planned tours for the next few months include:

**May 28<sup>th</sup>** – Castlemaine’s first ever **Aboriginal history tour** will be led by Rick Nelson, local elder, Jaara descendant and Dja

Dja Wurrung Traditional Owner. Meet at Castlemaine Art Gallery & Museum.

**June 25<sup>th</sup>** – **Guilford history walk** will be led by Ray Pattle, experienced guide. Meet at the Guilford Public Hall which is diagonally opposite the Guilford store.

**30<sup>th</sup> July** – **Taradale History walk** will be led by Olive Penno. Meet at the Mineral Springs Reserve on Main St in Taradale.

Tours occur on the last Wednesday of each month, from 10am to 11am.

For more information, please call Liza at Castlemaine District Community Health on 54791000.

This event will be cancelled if raining heavily.

All welcome. No RSVP required.

### Lorna’s corner

Did you know that Castlemaine District Community Health has a dietitian?

Lorna Reynolds is an accredited practicing dietitian who provides individual appointments for a wide range of conditions including diabetes and pre diabetes, people with food allergies or food intolerances, coeliac disease, irritable bowel symptoms, renal disease, high blood

cholesterol and blood pressure.

**Eligibility**  
People of all ages are welcome. People can be referred by GP, other health practitioner or self-referred. A GP referral is not needed to access this service.

**To Arrange an Appointment**  
Call reception on **(03) 5479 1000** and leave your contact details

The Allied Health Intake Worker will then call you to arrange an appointment.

**Cost:** This service costs \$10 per session.

Should payment of this fee stop you using this service, please make this known to the Receptionist.

Lorna will include a regular segment in this newsletter which includes healthy eating tips.



*Lorna will include a regular segment in this newsletter which includes healthy eating tips.*



**Lorna Reynolds, Accredited Practising Dietitian**