

WE ARE A VITAL **COMMUNITY LINK**



TRIVIA NIGHT FUNDRAISER

Over 120 staff, volunteers and community members recently attended an evening of trivia that included lots of fun and laughter!

Allan Peach from "Trivia with a Twist" entertained the enthusiastic crowd who were coaxed into singing, dancing along with lots of fun and tricky trivia questions. All in aid of the 2018 Murray to Moyne Cycle Relay team "Keays to Success", it was an amazing effort to raise in excess of \$2,500 which will go towards Health Service refurbishment projects.

Our many thanks and appreciation to our local businesses for supplying many amazing prizes, your generosity is very appreciated.



Thanks also to all who attended and made the evening such a fun night. Many are asking when the next Trivia Night will be – you never know, maybe this will become an annual event!

2018 MURRAY TO MOYNE CYCLE RELAY TEAM "KEYS TO SUCCESS"

Congratulations to the dedicated team of riders and volunteers who successfully completed the 520km long journey from the town of Echuca to Port Fairy on the weekend of the 6-8th of April.

By all accounts everyone involved had a great time and once again Health Services all over Victoria were the grateful recipients of this important fundraising event.

Beaufort and Skipton Health Service would certainly like to pass on a heart felt thanks to all involved - Well Done!



PATIENT OPINION AUSTRALIA
BE HEARD.



Beaufort and Skipton Health Service have recently partnered with Patient Opinion so that you can have your say and see what others have to say about our Health Service.

Your opinion is important to us and we are listening

Your story might be about you, or someone close to you. You can say what happened, what was good, and what could have been better.

To assist us, please lodge your story on the following website or contact us on 5349 1682 or email bshs@bshs.org.au if you require any assistance.

www.patientopinion.org.au



We are a vital community link bshs.org.au

BEAUFORT CAMPUS
28 Havelock Street
Beaufort Victoria 3373
P: +61 3 5349 1600

SKIPTON CAMPUS
2 Blake Street
Skipton Victoria 3361
P: +61 3 5340 1100



CONNECTING CARE →

WE NEED YOUR HELP TO PARTNER WITH US TO CREATE A GREAT HEALTH SERVICE. IT IS IMPORTANT THAT WE UNDERSTAND HOW WE CAN WORK WITH YOU TO DEVELOP GREAT CARE THAT MEETS YOUR EXPECTATIONS.

You may have heard the term "person centred care". This means when a healthcare professional and the health service puts you at the 'centre' of your healthcare by:

- treating you with dignity, respect and compassion
- communicating and coordinating your care between appointments and different services over time, such as when making a referral from your GP to a specialist
- or sharing your care between a community health service and a hospital
- tailoring the care to suit your needs and what you want to achieve
- supporting you to understand and learn about your health
- helping you find ways to get better, look after yourself and stay independent
- involving you in your healthcare decisions at all times.

Our focus it is ensure that anyone using our Health Service are seen as equal partners in planning, developing and monitoring care to make sure it meets your needs. This involves putting people and families at the centre of decisions and seeing you as experts, working alongside professionals to get the best outcomes.

We would like to explore with the community how we can involve you more in the decision making at the Health Service.

Our first step to hear from you and your ideas, is an open invitation to join us at an Open Access Meeting.

"Connecting Care"

5:30pm, Tuesday 1 May 2018

Beaufort Community Bank Complex, Beaufort.

It is your health service and we want to hear from you and about how we ensure we are meeting community needs.

INSIDE THIS EDITION

- Dementia Australia - Birch Pathway
- Welcome Dr Jessica Purnama
- Our Allied Health Services
- Beaufort Community Garden
- Beaufort Blokes
- Skipton Walking Group

BIRCH PATHWAY

Beaufort and Skipton Health Service have begun an exciting new program in conjunction with Dementia Australia, the "Birch Pathway", who are providing assistance and support to our staff, resident's families and community.

So far three meetings have been held across both the Beaufort and Skipton campuses, involving staff and several resident's families and community members, with a focus on how our Health Service can provide improved care and engagement for dementia patients along with improved education and support.

Meetings will continue to be held on a monthly basis and so far staff have identified some projects that they will start working on including:

- A sensory garden at Skipton and Beaufort
- Buffet breakfast options at Skipton
- Activity stations available to residents

If you would like any additional information about this project, please don't hesitate to contact Andrea Flenley by emailing AndreaF@bshs.org.au

WELCOME DR. JESSICA PURNAMA



We are delighted to introduce Dr. Jessica Purnama, our GP Registrar, who will work four days a week across our Beaufort and Skipton Medical Practices.

After training at the University of Melbourne and spending some time in the city, Jessica is excited to join our team.

Jessica's special interests include paediatrics, preventative health and palliative care. She will be available via appointment at both the Beaufort and Skipton Medical Practices and is looking forward to getting to know the local community while bringing her brand of passionate and comprehensive patient care.

To book your appointment with Dr. Purnama, please call Beaufort on **5349 1610** and Skipton on **5340 1110**.

OUR ALLIED HEALTH SERVICES

We have a variety of services available to assist you with your healthcare.

Clinical Programs

Urgent Care Centre

Nurse triage 24/7, GP consultation – On Call

Acute Care

Nursing – Registered Nurses, RIPERN and Enrolled Nurses

Continuing Care

Aged Care, Respite Care, Palliative Care, Community Nursing, Transition Care, Infection Control, Maternal and Child Health, Youth Programs, Day Centre/Activity Program

Allied Health

Podiatry, Mental health/counselling, Physiotherapy, Dietician, Health promotion, Social work, Massage therapy, Occupational Therapy

Medical Clinic

General practitioners, Practice nurses

If you would like to discuss any of these services or what they provide, or what it means to you, please make an appointment by contacting our receptionists at Beaufort on **5349 1610** and Skipton on **5340 1110**.

BEAUFORT MARKET

Recently a group of dedicated and enthusiastic staff attended the Beaufort Market, selling sausages and raffle tickets, and also using the opportunity to chat to locals.

A few tunes were sung and sprooking about the benefits of the Health Service.



WE HAD A DREAM, AND WE BUILT IT

Beaufort Blokes is a community group supported by Beaufort Skipton Health Service.

They meet twice a month — one week they have lunch and play cards and board games, the other week they take a bus trip to visit district attractions.

In 2010 the "Blokes" group visited the Ballarat Community Garden and became inspired to start their own. They spent several months trying to find a location for their garden. The local RSL (Returned and Services League) were happy to have the garden installed on their grounds in support of this community project.

BEAUFORT BLOKES

If you enjoy socialising, making new friends, outdoor activities, excursions, cultural events, restaurant and gatherings - anything and everything that is better shared, then Beaufort Blokes could be the meetup group for you.

When: 11:00am, First Tuesday of the month

Where: RSL Hall, Beaufort.

Bus Trips: Occur on the third Tuesday of the month

Upcoming Bus Trips:

May Trip- Gold Museum and Zagame's lunch

June- Movies [Ararat or Ballarat]

For further information, please contact **Nicole Petrass** on **5340 1138** (Monday or Tuesday) or email NicoleP@bshs.org.au.

SKIPTON WALKING GROUP - ANNUAL OVERNIGHT WALK

It's on again... preparation for this year's Annual Overnight Walk.

Our keen Skipton Walking Group (led by Sharee Court), will once again set off on their annual walk. This year's walk will follow the trails around the Creswick School of Forestry which are a part of the Heritage Route.

When: 2nd – 3rd May 2018

Where: Creswick area

Cost: \$75.00 per person
(Includes travel, meals and accommodation)

For bookings and details call 5340 1134

Joining one of our Walking Groups, is a great way to make friends and one of the best ways to become more active. Our groups are easy to join and you can walk at your own pace.

The funding for the construction of the garden came from the federally funded, Healthy Communities Initiative and the wonderful space is still there today.

Beaufort and Skipton Health Service has reached its tenure in terms of Project Management and a newly established Community Garden Group is poised and ready to take over the reins. Beaufort and Skipton Health Service and the "Beaufort Blokes" are very proud of what has been achieved and we look forward to following the success of the community garden, well into the future.

For more information on the Veggie Patch contact **Elizabeth Stannells** on **0428 850 628**.



Nick Georgalas



We always welcome any new members, so why not call **Sharee** to find out more details on **5340 1134** or email ShareeC@bshs.org.au.