

# Community Connect

December Issue 2023



## MESSAGE FROM THE CEO

Welcome to the December 2023 issue of MHS Community Connect.

We recently held our Annual General Meeting and we were delighted to have as our special guest speaker John Parkinson, Co-founder of Let's Talk. John spoke of the importance of self-care and especially of stepping up when someone we know requires support. He reminded us that we can support each other by simply just having a conversation. More information about the Let's Talk Foundation can be found at <https://letstalkaustralia.org/> Our 2022-2023 Annual Report is now available on our website at <https://moynehealth.vic.gov.au/wp-content/uploads/2023/11/MHS-Annual-Report-26102023.pdf>

MHS has had a very busy year having successfully undertaken accreditations across the organisation, holding community drop in sessions, and most importantly caring for our residents and clients. We could not do it without our wonderful staff and volunteers and I sincerely thank them for their professionalism and dedication in providing the Best Care - Every Person - Every Time.

With Christmas fast approaching we will have more visitors to the region. COVID cases are on the rise across the state so please take care and ensure you take all necessary steps to protect yourself and the wider community. If you are travelling on the roads over the festive season - please stay safe.

**Katharina Redford**  
Chief Executive Officer



## REHABILITATION GROUPS

• There are several classes throughout the week which are supervised by either a trained Exercise Physiologist/Allied Health Assistant or a Physiotherapist.

• Clients wanting to access rehabilitation groups will be assessed by an allied health professional to determine suitability for access to a rehabilitation class or an individual program.

• As our rehabilitation groups are tailored to different health conditions they run for 8 weeks and work towards specific goals. Once you have completed the course we look to link you into community services.

• We have rehabilitation groups for falls & balance, cardiac/pulmonary rehab, orthopaedic surgery and pain.

If you are wanting to commence general exercise and don't know where to start our allied health professionals can support you in attending local exercise groups. For all enquiries, please call 5568 0100.



 **Community Drop in Session - Tuesday 12th December 2023 2.00pm - 3.00pm**

We are holding a Community Drop in session at our Port Fairy Community Health campus. If you would like to know about our services and how we can assist you, please drop in and see one of our friendly staff.

If you are unable to make it on 12th December - you can call reception on 5568 0100 for any information you require.

ALL WELCOME



