# Central Highlands Rural Health
# COMMUNITY NEWSLETTER

Winter 2021 | Issue 5

## WELCOME FROM THE CEO

As we release the fifth edition of Central Highlands Rural Health's community newsletter, we find ourselves coming out of Victoria's fifth coronavirus lockdown.

Once again, our communities across the Macedon Ranges and Hepburn Shire have rallied; we are wearing masks, washing our hands and getting tested - either as directed by the Department of Health or when showing symptoms associated with coronavirus.

**The big difference with this outbreak is the drive to get vaccinated.**

We have joined forces with Hepburn Shire Council, Macedon Ranges Shire Council and Sunbury and Cobaw Community Health to develop and endorse a new COVID-19 vaccination campaign under the banner 'Get the Jab Done'. We are working together to ensure our community has consistent and trusted vaccination messaging across the region. 'Get the Jab Done' communicates the clear message that vaccination will keep our community safe. Keep an eye out for the campaign in local health and community facilities, as well as online and in local media.

Central Highlands Rural Health's Board of Directors has also issued a statement encouraging everyone to make vaccination a priority.

Peter Matthews, Chair of the Board (pictured here receiving his first COVID-19 vaccine in June this year) is keen to build vaccination confidence across all areas of the community.

"We know how important vaccination is to protect the vulnerable - this includes Central Highlands Rural Health's very own patients, residents and clients. The Board is leading by example and getting vaccinated - we encourage everyone to do the same," said Mr Matthews.

All ten Board Directors have received the influenza vaccine and their first COVID vaccination (two board members are fully vaccinated and eight are waiting the required time to have their second COVID vaccination).

We hope you will join them and 'Get the Jab Done'.

Kind regards,
Maree Cuddihy, CEO

# FOCUS ON.... DAYLESFORD HEALTH

Daylesford Health at Central Highlands Rural Health offers a comprehensive range of hospital, residential aged care and community-based services.

**Hospital Services**
Our Hospital Services includes an 18-bed acute ward caring for both medical and surgical admissions across a large variety of illnesses, injuries and conditions. Other services include a 24/7 Urgent Care Centre, Dialysis, Transition Care Program (TCP) and Palliative Care and Respite.

Daylesford Health | Central Highlands Rural Health

17 Hospital Street
Daylesford VIC 3460
P: (03) 5321 6500
E: info@chrh.org.au

**Respiratory Assessment Clinic (COVID-19)**
Daylesford Health offers testing for the Coronavirus (COVID-19) through our Respiratory Assessment Clinic. Members of the community can book an appointment for testing if they are experiencing any of the symptoms associated with the coronavirus (COVID-19) or as directed by the Victorian Department of Health.

Please call ahead on (03) 5321 6654 to book in with a nurse and secure your appointment time.

**Residential Aged Care**
Daylesford Aged Care offers single and double bedrooms, available for permanent and respite care. Facilities are comfortable and safe and promote the highest physical and mental function to optimise our residents' welllbeing. Residents can access an active lifestyle program and are encouraged and supported to maintain social links with their friends, family and community.

**Community Health and Wellbeing**
Community Services at Daylesford Health includes community social support, planned activity groups, the Cook, the Chef and Us, population health and health promotion, speech pathology, social work and welfare, Services and Treatment for Enduring and Persistent Mental Illness (STEPMI), Alcohol and Other Drugs services, puberty education, Smiles 4 Miles, dental services, podiatry, dietetics, maternal child health, psychology, delivered meals, physiotherapy and occupational therapy.

**In Home Services**
In Home Services include District Nursing, Home Care packages, Hospital in the Home, Post-Acute Care and Palliative Care in the home.

**Daylesford Health Partners**
Our collaborations and partnerships ensure our patients, residents and clients are well supported to access the services they need, close to home. On site at Daylesford Health our partners include Lake Imaging, Springs Medical and Centrelink and Medicare.

## VACCINATION UPDATE

*Am I eligible?*
The Australian Technical Advisory Group on Immunisation (ATAGI) recommends the COVID-19 Comirnaty (Pfizer) vaccine as the preferred vaccine for those aged 16 to 59 years, but the AstraZeneca vaccine can be provided to people aged 18 to 59 years of age. Find out if you're eligible for a COVID-19 vaccine using the Vaccine Eligibility Checker:
https://covid-vaccine.healthdirect.gov.au/eligibility

*Where can I receive it?*

### Regional Hubs
You can book in to receive your COVID-19 vaccine at any Regional Hub. You can call the Coronavirus Hotline on 1800 675 398 or use the online booking system:
https://www.coronavirus.vic.gov.au/book-your-vaccine-appointment

### Local GPs
You can receive your COVID-19 vaccine at a participating GP or community health service. Call your local doctor directly.

### Kyneton Health Vaccination Clinic
The launch of the Kyneton Health vaccination clinic has been delayed. We hope to have information out to our communities as soon as possible with a revised opening date.

## GET THE JAB DONE!

**HEPBURN SHIRE AND MACEDON RANGES SHIRE RESIDENTS**

**GETTING VACCINATED HELPS PROTECT OUR COMMUNITY AGAINST COVID-19**

**Central Highlands Rural Health are working collaboratively with Hepburn Shire Council, Sunbury and Cobaw Community Health and Macedon Ranges Shire Council to align our resources and ensure communication about the COVID-19 pandemic is consistent across our broader region.**

For a comprehensive list of resources and up to date information for Hepburn Shire and Macedon Ranges Shire residents, please visit **chrh.org.au/covid-19-vaccines** or by using the QR code.

**Book your appointment**

Check if you are eligible. Use the online booking system **portal.cvms.vic.gov.au** or call the Coronavirus hotline **1800 675 398**. Alternatively contact your local GP clinic.

**Attend**

Arrive at your appointment 5 minutes early. Remember to book and attend your second appointment.

**Stay safe**

Please continue COVIDSafe behaviours and remember to check-in at venues and facilities using the Service Victoria QR code app.

**Stay connected on social media**
@CHRHorgAU @KynetonHealth @hepburncouncil
@MacedonRangesShireCouncil @SunburyCH

Central Highlands Rural Health · Hepburn Shire Council · Macedon Ranges Shire Council · Sunbury Cobaw Community Health

# AS SEEN IN THE LOCAL: COMMUNITY AND HEALTH STAFF RALLY TO HELP

**AS RESIDENTS sheltered in their homes during last week's storm, staff at Central Highlands Rural Health were faced with the challenge of keeping their residents, patients and clients safe.**

The Local TL
**June 21, 2021 Issue 230**
**After the storm**

Trentham Aged Care was the worst hit of Central Highlands Rural Health's five campuses - the facility remaining on Code Yellow (Internal Emergency) for more than 72 hours.

Nurse Unit Manager Jacqui Tisdale arrived on site in the early hours of Thursday morning. "The storm was bad - we had staff at work who couldn't travel home and others who couldn't get in. It was all pretty scary, really," Ms Tisdale said.

Because roads in and out of Trentham were blocked, staff at Trentham Aged Care knew they were in for the long haul. "We quickly realised that there was no way our staff living outside of Trentham would make it in for their shift. But with the roads blocked, there was only so much that could be done. The real kicker came when the phone lines and internet went down and the tap water was declared unfit to drink."

Ms Tisdale was on site for more than 24 hours to ensure the ongoing care of the residents and staff. "We all just did what we had to. Everyone was keen to help and our staff were fantastic, working longer shifts to make things work. We were also really grateful for the support we received from the local community - so many people stepped up to offer help."

Trentham resident Kathryn Clark is a member of the Hotel Services team at Trentham Aged Care and was one of the first to arrive Thursday morning.

"As soon as I realised the other kitchen staff wouldn't be able to make it in, I called my daughter Chelsea and asked her to help out. Danielle Hardy, a nurse at Trentham Aged Care, also called her daughters Mia and Bella and between us we made sure the residents had warm soup, sandwiches and as many cups of tea as they needed," Ms Clark said.

David Clark, Ms Clark's husband, kept the facility's generator topped up with diesel to ensure power stayed on until the emergency response team could access the site. Staff also helped care for a number of people who were travelling through the region when the storm hit. "Late on Wednesday night, the local CFA and CERT teams rescued six people travelling in three cars, who were stuck in the area due to falling trees," said Kim Moiler, CHRH finance officer.

"They initially took the travellers to a local resident's home for safety but when the CFA checked in on them the next day, they realised they would benefit from some medical assistance. We were able to offer them the medical support they needed as well as food and drink, and a warm, comfortable space to rest until the roads were clear enough for them to travel," Ms Moiler said.

CHRH CEO Maree Cuddihy said the past 15 months had been tough for everyone in the community. "The last thing our region needed was a significant weather event. But once again, our staff rose to the challenge and did everything they could to support one another. There are examples across every campus of staff turning up to pitch in and I couldn't be more proud of what was achieved."

Since the storm hit, CHRH's kitchen in Creswick has delivered more than 150 hot meals a day to the Trentham Relief Centre in conjunction with Hepburn Shire Council. From Friday, June 18, the health service has also provided social work support from the Trentham Relief Centre for local residents.

Community Health and Wellbeing operations manager Shane Richardson said the organisation was proud to be working alongside Hepburn Shire Council to provide the community with the health and support services they need. (cont. page 5)

## AS SEEN IN THE LOCAL:
## COMMUNITY AND HEALTH STAFF RALLY TO HELP cont.

(from page 4)

"Our experience from responding to past local significant events is that it's likely to be a few weeks before individuals are ready to reach out for support. We want to encourage anyone who needs help managing the emotional and physical toll of the storm to get in touch with our services.

"It's really important that everyone takes care during the clean-up process, whether they're travelling on roads alongside works crews, operating power equipment or lifting heavy objects. We're encouraging everyone to think before taking any unnecessary risks that are best left to professional and emergency services."

The Community Health and Wellbeing team will have a social worker in Trentham every Monday, Wednesday and Friday from 10am until noon. Any Hepburn Shire resident can access this service through the Trentham Recovery Centre or by calling CHRH Community Health & Wellbeing on 5321 6550.

## RECORD NUMBERS AT CHRH'S TESTING CLINICS

Central Highlands Rural Health's Respiratory Assessment Clinic in Kyneton and Daylesford recently passed major milestones.

Since the onset of the pandemic, the organisation has taken more than 30,000 COVID tests - a big achievement for the small teams.

Central Highlands Rural Health CEO Maree Cuddihy praised the dedicated nurses, administration and environmental service staff for their hard work:

"The teams in both Kyneton and Daylesford provide a fantastic service to our local communities, ensuring everyone has access to quick and easy testing in a safe, professional and friendly setting. We're really proud of the service we offer our local communities."

Ms Cuddihy confirmed that recent testing numbers in both Kyneton and Daylesford have been high due to Victoria's latest outbreak.

"I want to thank the Macedon Ranges and Hepburn Shire communities for their ongoing support of our service; they have done an amazing job stepping forward to get tested when needed," Ms Cuddihy said.

Central Highlands Rural Health's Respiratory Assessment Clinics continue to test patients with symptoms related to the coronavirus or as directed by the Victorian Department of Health.

For Daylesford, please call 03 5321 6654
For Kyneton, please call 03 5422 9900

Kyneton Health's testing team

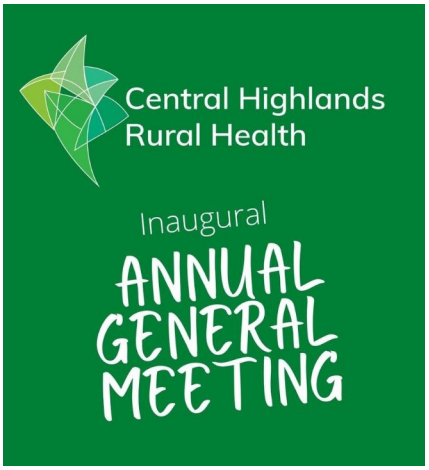
Daylesford Health's testing team

## DAYLESFORD LOCAL CROCHETS HER WAY INTO OUR HEARTS

We'd recently acknowledged and thanked Janet for keeping the Daylesford community warm. Janet (right) has been crocheting for over 50 years and donating her beautiful blankets to Daylesford Community Health for over 20 years!

She answered the call to help stitch together crocheted squares made by members of the community, including her friend Pat, and now makes whole rugs that are colourful, warm and treasured by many residents like Trudy (left) at Daylesford Aged Care.

## AGM WRAP UP




On Wednesday 23rd June, Central Highlands Rural Health held its 2019 - 2020 Annual General Meeting which reported on the final months of Kyneton District Health and Hepburn Health Service, as well as serving as the inaugural AGM of our new organisation.

It was a good turnout, with 30 people logging in via zoom.

Both the meeting papers and 2019 - 2020 Annual Report are now available on the Central Highlands Rural Health website.

## CELEBRATING PALLIATIVE CARE WEEK

National Palliative Care Week was celebrated across Australia between 24 - 30 May.

COVID restrictions meant for the second year running, Kyneton Health celebrated the week remotely however on Wednesday 24th the kitchen was able to make a cake for a photo opportunity before individually wrapping portions for distribution!

Palliative care is a whole team effort and we want to acknowledge the important contribution our staff make.

## ABORIGINAL HEALTH & WELLBEING

Have you visited our website lately?

We have a new Acknowledgement of Country pop-up that appears when you visit our home page and our Aboriginal Health & Wellbeing page: https://www.chrh.org.au/aboriginal-health-wellbeing/

We launched the new pop-up and Aboriginal Health & Wellbeing page during NAIDOC WEEK (4th-11th July) this year to recognise and celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

Our new web page also includes a short survey to help us stay focused on the needs of Aboriginal Victorians accessing health care. It includes resources and services that we'll continue to update.

Central Highlands Rural Health respectfully acknowledges that our organisation is on Dja Dja Wurrung, Taungurung and Wurundjeri Woi Wurrung Country, whose ancestors and their descendants are the traditional owners of this Country. We acknowledge their living culture and their unique role in the life of this region. 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 the Dja Dja Wurrung, Taungurung and Wurundjeri Woi Wurrung Peoples.

We express our gratitude for the sharing of the 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.

## MEN'S HEALTH WEEK

Back in June, we celebrated Men's Health Week, with the focus of the campaign being 'what is means to have a team'.

Having a team of people, resources and information around you can help you to become the best version of yourself; physically, mentally and socially. Your teammates are there for you in the good times and help support you through the tough times.

For your health and wellbeing to thrive you'll need a range of people, groups, services and information on your team, depending on what is happening at that point in time.

Our Population Health team have created a webpage with a range of local men's health information, including people and resources you can reach out to, to help support your health and wellbeing.

Please visit the webpage and have a read, and remember to pass it on to the men in your life: https://www.chrh.org.au/mens-health

# FUNDRAISING AT CENTRAL HIGHLANDS RURAL HEALTH

Central Highlands Rural Health

Clunes I Creswick I Daylesford I Kyneton I Trentham

## - FUNDRAISING WISH LIST -

- ☐ MEDICAL EQUIPMENT
- ☐ RESIDENT & PATIENT RESOURCES
- ☐ FACILITY UPGRADES
- ☐ STAFF LEARNING & DEVELOPMENT

## How YOU can help to support local health care:

**Donations:**

- Cash: Visit Reception at any of our campuses
- Cheques:
  - Pay to Central Highlands Rural Health
  - Send to Fundraising Manager
    Reply Paid, PO Box 465, Daylesford 3460
- Online payments: www.chrh.org.au/donate
- Gifts (items for use, vouchers or auction): Visit Reception at any of our campuses

**Contact our Fundraising Manager to discuss:**

- Memorial/Tribute Gifts
- Leaving a Bequest
- Sponsorship
- Hosting your own fundraiser

Fundraising Manager
giving@chrh.org.au
www.chrh.org.au/donate
53216555