



Government
of South Australia

SA Health

Mid-West Health Happenings!

DECEMBER 2009

www.health.sa.gov.au

Incorporating Community Health Services, Hospitals, Aged Care and Home Support Services within the council areas of Wudinna, Streaky Bay and Elliston.

If you have any feedback, ideas or items you would like included in this page, please contact Jacqui Clark either by email jacqui.clark@health.sa.gov.au, telephone: 8626 1310 or fax: 8626 1639



Government
of South Australia

SA Health

Chick Fix 2009

Gemma Bawden – Early Childhood and Youth trainee



The Mid-West Health 2009 "Chick Fix" was recently held with the students from the Streaky Bay Area School.

The "Chick Fix" is a one day session for teenage girls aged 15-17 and is normally an annual event organised by Mid-West Health in partnership with our local school. Chick Fix is designed to provide relevant information to the girls in our town about 'current girl issues' as well as future goals, dreams and aspirations.

The "Fix" aims to promote positive self esteem, healthy lifestyles and development and inform the girls about relevant services available to them now or into the future.



During the day we had many health professionals and guest speakers. Kelly Lynch, Early Childhood Health officer at Mid-West Health, talked about careers and Caroline Schmucker provided physical activities such as Zumba (a dance fitness DVD) and a mixture of Tai Chi and Pilates.

We also spent the afternoon paddling the bay with the Streaky Bay Sea Dragons and proved to be a little wobbly and close to the water!but high in spirits as we paddled as a team and built strong relationships with members from the community. Hopefully next year there will be another chick fix to support the young women in our rural area, and enjoy a stress free day in the life of a teenager.

Elmhaven News



Thank you to Carers

Elmhaven Hostel in Streaky Bay held a Workplace Carers Morning Tea during the National Carers Awareness Week.

The morning tea was a great way to recognise and support the invaluable work carers contribute to the community, particularly our colleagues who balance both their work and caring responsibilities.



Ellen Juttner's 95th birthday

Ellen celebrated her 95th Birthday on the 23rd October, at the Elmhaven Hostel.

Staying healthy in the Holidays

Come along to our local exercise classes to keep fit and stay well

Pilates

Janine Brown & Karen Trezona
0427 261 726

Boxercise

Caroline Schmucker
0428 246 484

Bellies, Backs & Bums

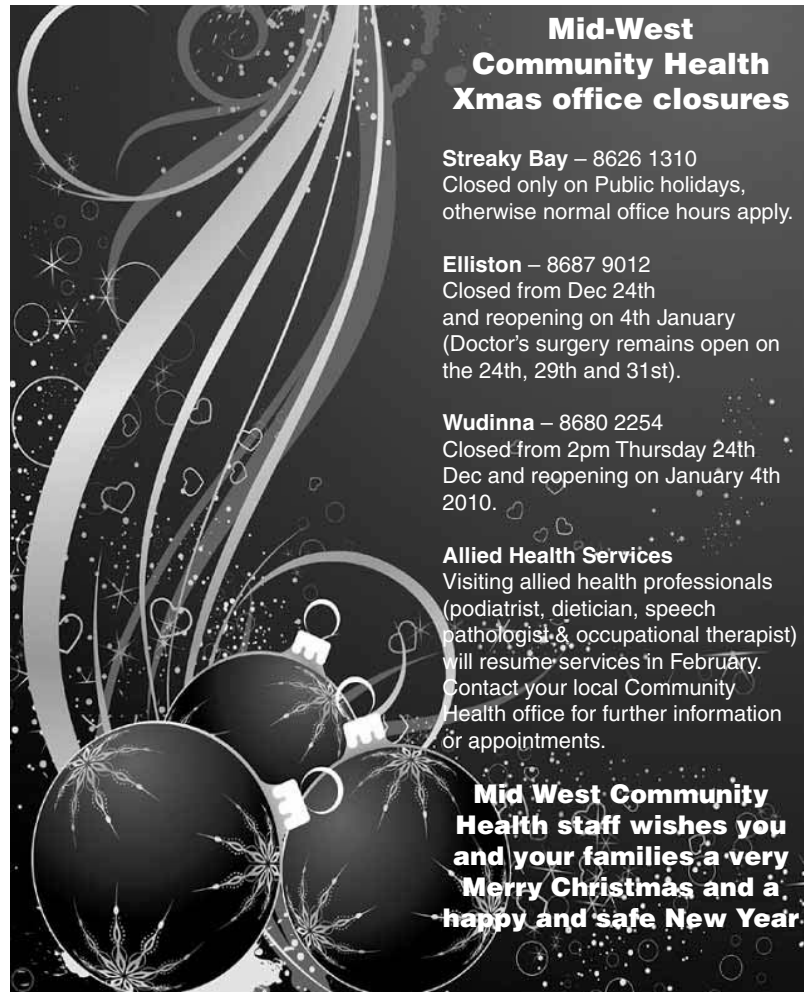
Caroline Schmucker
0428 246 484

Aqua Aerobics for older people

Ali Hein
0429 097 540/8626 1680

Aqua Aerobics

Caroline Schmucker
0429 246 484



Mid-West Community Health Xmas office closures

Streaky Bay – 8626 1310
Closed only on Public holidays, otherwise normal office hours apply.

Elliston – 8687 9012
Closed from Dec 24th and reopening on 4th January (Doctor's surgery remains open on the 24th, 29th and 31st).

Wudinna – 8680 2254
Closed from 2pm Thursday 24th Dec and reopening on January 4th 2010.

Allied Health Services
Visiting allied health professionals (podiatrist, dietician, speech pathologist & occupational therapist) will resume services in February. Contact your local Community Health office for further information or appointments.

Mid West Community Health staff wishes you and your families a very Merry Christmas and a happy and safe New Year.



GOOD SPORTS

Need some help to lift your game?

Weekends can see sporting club members and spectators enjoying a few too many drinks during and after the game, and at times without much thought to the potential consequences to themselves, their sporting club or the broader community.

Sporting clubs across South Australia are encouraged to join the GOOD SPORTS program, to assist them in managing the responsible service and consumption of alcohol. The program is FREE with more than 3,000 sporting clubs already participating Australia-wide.

GOOD SPORTS community partner Jacqui Clark for the Mid West region explains, "Along with the need for positive role modelling within sporting clubs, there is a duty of care for club committees to provide members with a safe environment. This can compete with the demand of revenue raising and can be difficult for committees to manage. This is where GOOD SPORTS can help."

"We want sporting clubs to be safe places for people to play sport, have fun and make those important social connections," Jacqui Clark explained.

The effects of rapid alcohol consumption can include: intoxication, dehydration, slower injury

recovery, as well as the many life changing outcomes associated with drink driving such as loss of license, and tragically the loss of life.

Recent statistics reveal more than 192,000 South Australians are drinking at harmful levels at least once a month and 92,000 people drinking at risky levels on a weekly basis (2007 National Drug Strategy Household Survey, Australian Institute of Health & Welfare 2008).

Each year there are many hospitalisations and deaths directly attributable to alcohol. In 2004-05, 6,756 South Australian hospitalisations were attributable to alcohol, and over 280 alcohol related deaths in South Australia in 2005. Alcohol misuse costs the Australian community more than \$15.3 billion each year.

In South Australia the GOOD SPORTS program is delivered through Drug and Alcohol Services SA (DASSA) and supported by the Motor Accident Commission (MAC).

To join GOOD SPORTS or find out more about the program contact Jacqui Clark on 8626 1310 or e: jacqui.clark@health.sa.gov.au or register online at: www.goodsports.com.au