

## Moving on Up

Hub4Health recently held their AGM. I knew that this was going to be a good year for Hub4Health when I sat around the table with our newly appointed Board: John Brown - Treasurer; Rachel Bhardwaj - Secretary; Rod Hunt - Public Officer; and ordinary Board members Dr. Cyril Latt, Mary Targett and Amanda Hughes: Hannah Rubenach-Quinn was elected to the Board, but absent due to the very recent birth of her baby Victoria.

Hub4Health persists in strengthen its position in the community, following the bumpy ride earlier in the year. We have a new Board of Management who are willing and able to work to obtain grant funding and to drive this organisation forward. We are applying for grants, wherever a particular opportunity presents, that fits with our mission statement. Hub4Health continues to support the provision of the necessary resources for optimal health and well-being in the Break O'Day community. We do this in part through the provision of our outreach office in St Marys, through our community based partnerships, and also through our quarterly networking meetings.

The Active4Life Community Gym recently hit the 200 membership mark, and what an achievement that is considering the short life of the gym. Active4Life classes are being provided at St Helens in the Tennis Club rooms and currently there are three fully booked classes plus we continue to take bookings for other self funded classes. Yoga and Tai-Chi push on with a strong following and Building Blocks goes from strength to strength. You will often see Tanya in the Building Blocks van moving around the municipality, and beyond, working with young children and families.



Spring  
Activities at  
Fingal  
Primary



These are exciting days for Hub4Health, as we build from this new base of being a self funded community based health organisation. As Chair of the Board, I am looking forward to this coming year with anticipation and enthusiasm. I thank the new Board, our staff and our volunteers for their dedication to this fantastic organisation.

**Janet Drummond - Chair H4H Board of Management**



5 Portland Crt ,St Helens  
Call: 6376 2971 for an  
appointment today

Ochre Health believe the St Helens clinic provides people in the region with a choice of GP and health care options. With 3 permanent doctors on staff, a nurse practitioner and pathology services, Ochre Health is working hard to meet health needs in our area. Robyn Brannan (RN) provides Nursing Services such as Pap smears/breast checks, chronic disease management plans and immunisations.

This is a mixed billing practice—please enquire at reception for fee information.

## Services

### Podiatrist

Stewart from the Foot Ankle Rehabilitation Clinic provides excellent podiatry services on a regular basis in St Helens.

To book an appointment call FARC on 6327 1920.

### Exercise Physiologist

Grant is available for private appointments on a weekly basis, no referral required. Grant develops individual exercise routines to meet your needs. St Marys and St Helens.

To book an appointment call 0428 491 621.

### Gym Classes

The St Marys Gym has a number of exercise group classes running throughout the week. Please check out the gym timetable on our website and Facebook page.

### Psychology

Catherine & Sara from Tess Crawley and Associates are available for face-to-face appointments in St Marys, Fingal and St Helens as well as additional follow up Skype appointments facilitated from Portland Crt, St Helens.

For appointments call 6331 0577 for more information.

### Dietician

Fully accredited practising dietician Jaymeila Webb works with both adults and children, and carries out comprehensive nutrition assessments.

Phone Jaymeila on 0428 205 285 or Georgia on 0417 325 129 to book an appointment.

### Australian Hearing

Australian Hearing visits Hub4Health every 3 weeks. For fittings and adjustments.

Contact Australian Hearing on (03) 6332 4700.

### Gentle Tai Chi for Seniors:

Every Tuesday from 9:30am at St Helens Tennis Club. Gold coin donation

Contact Somkid on 6376 2971 on a Tuesday or leave a message at reception. Alternatively email [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

### Hub4Health Walkers

The Walking Group meets every Wednesday and third Saturdays at Hub4Health. Leaving at 9am sharp.

Contact Bryan on 0414 987 435 or Pam on 0439 547 529.

## H4H Upcoming Events

**21st October: Scamander River Fishing Comp 5am—1pm**—Entry forms available at Hub4Health St Helens and locally in all communities. Hub4Health Proudly Supporting this event.

### Scamander River Bream Fishing Competition

Saturday 21<sup>st</sup> October 2017  
Fishing from 5am – 1pm for 1:30  
Weigh in at Scamander Sporting Complex



Kids \$10  
Adult \$20  
Family \$45

To be Entered and Paid by 16<sup>th</sup> October  
Entry forms available at Coach House Restaurant St Marys, Hub 4 Health St Helens and Scamander Sports Complex

Hub4Health Adult, kids and boat prizes available  
Sponsored by Hub 4 Health

**26th October**—Children's Week—All Ages Community Picnic at Pyengana Hall 11-1pm, free and all Welcome—light lunch provided with Hub4Health Friendship Programs and Building Blocks in attendance

**31st October** : Health and Wellbeing Day **St Marys Town Hall**

Free Community Event, Children's Activities, Music, Yoga  
Information on Health and Wellbeing from 11-3pm

**31st October**: Free Education Session on Mental Health, **St Marys Hotel**

6.30 TO 7.30PM with Scott & Florence Harrod from the Sam Project

**1st November** :Health and Wellbeing Expo Portland Hall, St Helens

Free Community Event, Nordic Walking, Tai chi & Yoga  
Information on Health and Wellbeing  
Giant Games and Light Lunch

Sessions Supported by the Sam Project [www.samproject.com.au](http://www.samproject.com.au)



**17th November**—Stables Market, St Marys Recreation Ground from 3.30pm. Artisan stalls, Pete Cornelius playing. Supported by Hub4Health with Children's Activities available with Building Blocks.



# Celebrate Children's Week with a Community Picnic

Pyengana Hall

26th October 11-1pm

Light Lunch Provided Free All Ages Event



Children's Activities

Stories to share

Music and games

contact Tanya at Hub4Health on 0400 002116

Email: [tanya.greenwood@hub4health.org.au](mailto:tanya.greenwood@hub4health.org.au)



## St Marys Community Gym Timetable 2017 version 27092017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am		Get Active circuit training - All Welcome 9.30 — 11.00am		Get Active circuit training - All Welcome 8-30am—10-00am		Get Active Boxercise - All Welcome 8-30am—9-30 am	
10am							
11am		Weight Management/ Beginners circuit 11.00 — 12.30pm					
12pm		Fitness Recovery 12.30 — 1.30pm					
1pm		New Member inductions, cleaning and maintenance 1.30pm—2.45pm					
2pm							
3pm							
4pm	Start 4:30pm Women's Core Strength Everyone welcome			Start 4:30pm Women's Core Strength Everyone welcome			
5pm					Strength / Fitness Everyone welcome 5:30pm start		
6pm		Adult/Youth Boxercise		Adult/Youth Boxercise			
7pm							

Contact: Jason  
[admin@hub4health.org.au](mailto:admin@hub4health.org.au)

# Contact Us

We are now an outreach organisation but contact us via:

Email: [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

Web: [www.hub4health.org.au](http://www.hub4health.org.au)



Now based at St Helens Neighbourhood House

## Kathy LeFevre - Rural Health Worker

[Kathy.LeFevre@rfdstas.org.au](mailto:Kathy.LeFevre@rfdstas.org.au)

M: 0439 799 958

## Sam Rossetto - Physical Health Worker

[Sam.Rossetto@rfdstas.org.au](mailto:Sam.Rossetto@rfdstas.org.au)

M: 0447 036 888

## Abbie Simpson - Mental Health Worker

[Abbie.Simpson@rfdstas.org.au](mailto:Abbie.Simpson@rfdstas.org.au)

M: 0439 503 202

## Would you like to become a volunteer

### Meals on Wheels Driver?

As a Meals on Wheels driver you can volunteer anywhere from once a week to once a month. Please contact us if you are interested, or if you know someone who would benefit from this worthwhile service.



For more details contact  
**Lesley on 0409 954 933.**



## Rock n Rhyme

Rock n Rhyme is a music and story time session held at LINC in St Helens and St Marys. Sessions are a short and a fun way to introduce your child/ren to books, songs and rhymes to promote early literacy and numeracy skills and interests that have a lifelong benefit.

Fridays 10.30-11.30 at St Helens & Tuesdays (Fortnightly) 11-11.30 at St Marys

# Hub4Health Walking Group

A social Walking Group especially for those 50 years of age and over to provide moderate exercise and socialising.

The Walking Group meets every Wednesday and third Saturday outside Hub4Health at 8:50am to leave at 9:00am sharp. Please leave cars out of main car park area in side street or by fence area on the Wednesday walk.

On the 27th September a record number of 26 walkers turned up at the mouth of the Scamander River to walk from there, South along the beach to the entrance to the Winifred Curtis Reserve. From there we continued along a few of the paths, enjoying the calm and mild conditions and the blooming wildflowers. There is always something flowering there, all through the year, and September/ October is always spectacular.



We heard many birds and saw yellow throated honeyeaters, black faced cuckoo shrikes and grey shrike thrushes among others. A busy time of the year for them! We walked to the John White Memorial from where we had a panoramic view of our surroundings, then descended to the Old Coach Road to the Ford. This is where the coaches used to cross Henderson's Lagoon back in the 1800's.

We skirted the lagoon and it was along that path, where, true to the notices posted, we saw our first snake of the season- a nice fat tiger snake resting on the edge of the path. Anyone taking their dog for a walk there needs to use a leash now and that applies on beaches too as shorebirds begin nesting.

At the end of our walk we were very kindly hosted to morning tea by one of our new members and enjoyed a sociable and very pleasant hour.

Car Pooling Cost: \$2 for Wednesday walks and \$5 for Saturday walks.

**For further information contact: Bryan 0414 987 435**

**or Pam 0439 547 529**