

BIG changes afoot!

I'm sure, readers, that you will be aware the government funding that previously allowed us to provide subsidised health services throughout Break O'Day and beyond, ceased a couple of months ago. Hub4Health is facing these new challenges with a positive outlook. There are new opening hours for Portland Court, 9:00am - 5:00pm, Monday through Friday. You might also notice that we also have a new answering service when you call, to help out our busy admin staff.

From the 1st July, some services will no longer be offered by Hub4Health. We are trying to maintain services, but, they will have to be self-funded. In some cases that means we are asking you the user to pay a fee for service. This is so that we can continue to provide YOU with the services that YOU need.

Building Blocks is proudly supported by Hub4Health and continues to offer a full week of free services throughout the region, working as a mobile early childhood and parenting support program. Ochre Health continues to provide the GP clinics out of Portland Court which are proving to be exceptionally well attended. Hub4Health is working in conjunction with the Royal Flying Doctors Service of Australia (RFDS) and Break O'Day Council to continue to provide the services of a personal trainer, a Rural Outreach Worker and a Mental Health Outreach Worker. These are all free services, with referrals being made directly to RFDS, focusing on chronic health conditions. Hub4Health will run two free Food Redi programs through August and September and these will be hosted at the St Helens Neighbourhood House and Fingal Valley Neighbourhood House.

Counselling services are provided by Leanne McMurtrie and



the Board and Management are actively seeking funding to allow us to continue to provide this service. There are currently two *Small Steps, Big Changes* programs running and these are the last that we have secure funding for.

Our dietician services will be offered less frequently and will be booked on a fee for service model. The very popular gym programs will continue, in the St Marys Community Gym, where there are now over 170 members, and we are looking at options for establishing a St Helens Community Gym. A small annual membership is being considered, this would assist Hub4Health in covering the costs of running the gym and some of the facilitated classes.

So, you can see, whilst there are **BIG** changes afoot, the Board and Management are striving to continue to facilitate and host many allied and GP health services in the area. We know that we have YOUR support and we shall continue to actively pursue funding and fund-raising will be a large part of our future.

Keep watching this space.

Warm regards from ALL of us here at Hub4Health

Congratulations to the Winners of Hub4Health Raffles!

The Green Raffles were drawn on Wednesday 31st of May at St Marys and the winners were:

- * First Prize – IGA vouchers to Jak Isaksen
- * Second Prize – Fuel vouchers to Leigh Splisbury
- * Third Prize – Suncoast Shoe Store voucher to Olivier Chartrain



Congratulations to the above winners and THANK YOU for your support to Hub4Health.

Clinical Services

Royal Flying Doctors

Kathy LeFevre - Rural Health Worker

Contact: 0439 799 958

Email: kathy.lefevre@rfdstas.org.au

Podiatrist

Virginia and Travis from St Johns Foot Clinic provide excellent podiatry services on a regular basis. Appointments are available in both St Marys and St Helens.

To book an appointment call St Johns on 6330 3680.

Next Visit: 19th June

Exercise Physiologist

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

To book an appointment call 0428 491 621.

Personal Trainer

Jason from Hub4Health works with the Exercise Physiologist in designing, supervising and running fitness programs.

For more information please call 6376 2971

Psychology

Katherine & Sara from Tess Crawley and Associates are available for face-to-face appointments, additional follow up Skype appointments can also be facilitated from Hub4Health in Portland court, St Helens.

For appointments call 6331 0577 or 6376 2971 for more information.

Dietician

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

Phone 6376 2971 to book an appointment.

Next Visit: July 14th

Australian Hearing

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

Contact Australian Hearing on (03) 6332 4700.

Next FREE Hearing Check: TBA

FRIENDSHIP GROUP GET TOGETHER

Recently on a lovely crispy Thursday morning, 15 people from the Friendship Groups visited Paul Frater's garden/nursery at Scamander and a wonderful couple of hours was had by all.

The sun was shining as we shared a BBQ, some sweets and had a lesson all about the different types of wattles that Paul has in his beautiful nursery. A gentle stroll was the order of the day as we headed to check out the garlic beds, fernery and of course the nursery itself.

We had participants from the three Friendship groups at the gathering and it was fantastic to see the interaction and new friendships formed. We hope to have another combined get together in the not too distant future.



A WALK DOWN MEMORY LANE

Our Tuesday trips to St Marys Gym is a venture on its own. The attached pic I have named 'A Walk Down Memory Lane' says it all. As they say a picture speaks a thousand words. Sharing stories as we do a leisurely walk down town to warm up then back to the Gym for a light exercise session on the equipment.

We finish off with a coffee and light snack before heading back to St Helens in our bus.

If you would like to be part of this group please contact Hub4health on 6376 2971.





Welcome

Dr Janet Cantley!

6376 2971

5 Portland Court, St Helens

Mon-Fri: 9.00am-4.30pm



Ochre Health Medical Centre St Helens are delighted to welcome Dr Janet Cantley as their permanent CP/VMO, working full-time Monday to Friday.

Janet and her husband fell in love with St Helens while she was doing locum work across 2016/17. Janet's speciality interest areas include women & children's health, minor procedures including excisions of lesions, mental health and the insertion/removal of contraceptive aids. Please join us in wishing Janet all the best as she & her husband settle into St Helens as your permanent neighbour.

Our services:

- General family medical care
- Women's and men's health
- Minor emergencies
- Occupational medicine
- Health assessments
- Antenatal checks
- Development of care plans for chronic & complex issues
- Travel advice & vaccinations
- Workers compensation
- Minor procedures

Services and Programs

Senior get Active:

Tuesday mornings from 9:30-11:00am at St Marys Gym. Our bus leaves Hub4Health at 8:45am.

Gentle Tai Chi for Seniors:

Every Tuesday from 9:15am at St Helens Tennis Club.

Individual Fitness Support:

Wednesday 9:30am—12:00pm at St Marys Gym for personalised programs and support. Jump online to download the latest timetable.

Weight Management Support

Wednesday afternoons at 1:30pm. Small peer support group at the Child and Family Centre, Groom Street St Helens.

Gentle Walkers:

Tuesday 10:30am; group walking beginning at Hub4Health for those who require gentle and/or a beginning exercise option.

Hub4Health Walkers

Wednesday 8:50am; leave Hub4Health on designated walk. Contact Hub4Health to find out weekly destination.

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.

Strength and Fitness: Chronic Health Management

Thursday 9:30am at St Helens Tennis Club & 1:00pm at St Marys Gym. Exercise classes facilitated by exercise physiologist and personal trainer to optimise your health and fitness.



Welcome

Dr Molly Shorthouse!

6376 2971

5 Portland Court, St Helens

Mon-Thurs: 9.00am-4.30pm



Ochre Medical Centre St Helens is proud to welcome Dr Molly Shorthouse! Patients may remember Molly from she worked with us as a locum back in December 2016. Molly has since moved into St Helens to become a permanent GP/VMO at the centre,

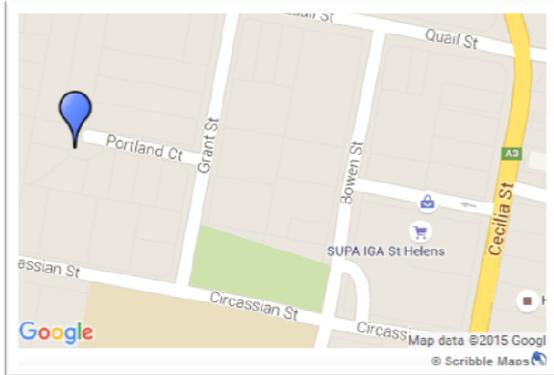
Dr Shorthouse has worked in Emergency Medicine, Remote General Practice, Indigenous Health & Mental Health over the past 10 years. Dr Shorthouse is a Rural Generalist with Advanced Skills Training in Mental Health.

Our services:

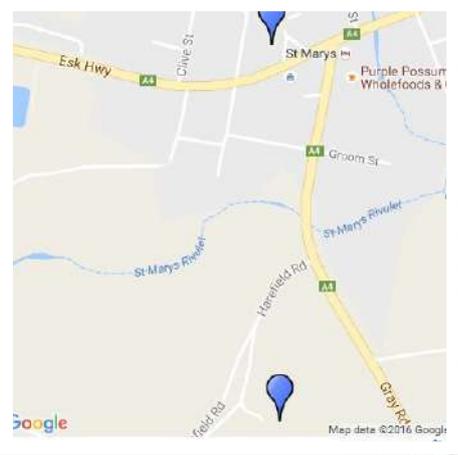
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- Minor emergencies
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- Development of care plans for chronic or complex issues
- Travel advice & vaccinations
- Workers compensation
- Minor procedures

Contact Us

Opening Hours: 9:00am – 5:00pm
Monday to Friday
(Excluding: Christmas & Public Holidays)
(Lunch from 12pm - 1pm)



Hub4Health
5 Portland Court, St Helens, Tasmania
Phone: 03 6376 2971
Email: admin@hub4health.org.au
Web: www.hub4health.org.au



Hub4Health St Marys
Main Street (behind op shop)

Active4Life Gym
Harefield Rd, St Marys

Phone: 03 6376 2971
admin@hub4health.org.au
Web: www.hub4health.org.au



Hub4Health Walking Group

Wed 5th April: Reid's Road Dam

(Leader- Wendy Saunders)

The walk to Reid's Rd started on a bush track 4.8km along Reid's Rd from Priory Rd. Thirteen people met to walk about 20 minutes west along the gravel road to Reid's Rd Dam wall and reservoir. The reservoir looked very picturesque in the morning sunshine with the reeds and water hyacinths and water trickling over the edge down to the collapsed concrete walls below.

Apparently, this dam was constructed last century as the water supply for St Helens when it was a much smaller town. The water was piped down in pipes constructed of iron bark with a type of tar sheeting wrapped around them (Part of the old piping was dug up in Tully Street and is on display the History room).

Some of the group went on a walk on the eastern side while others got their boots wet and crossed to the western side of the reservoir via the embankment. The vegetation was lush and varied in the gully behind the embankment. Some of the walkers climbed up the hill to reconnoitre for a longer walk in the future up to Mt Pearson, while two went to check out the view of the reservoir from the western aspect before we all joined up to walk back along the road to our cars.

Sat 15th April: Mt William & Stumpys Bay

(Leader- Alex Buchanan)

Four members of the Walking Group spent a sunny autumn Saturday at Mt William National Park. In the morning we walked up the gradually ascending track to the top of Mt William and dallied on the granite mounds of the summit. A wide view of the coast spread out before us, with Eddystone Light to the south-east and the peaks of Cape Barren Island to the north. We then drove out to Stumpys Bay for lunch beside the lagoon.

In the afternoon we walked southwards down the coast, along the many sandy beaches punctuated with small rocky headlands and wind-eroded dunes. A small number of young silvery leatherjackets were found washed up on the beach, but not as many as we saw the previous Wednesday near Dianas Basin. We walked as far as the lagoon, just short of Cod Bay, where we left the shore and turned inland, returning to the road by way of a track through the heath-land behind the dunes.

Before leaving the National Park, a detour was made through the open, closely grazed, kangaroo feeding areas, only one was seen, bounding for cover at the approach of the vehicle.



New members are most welcome. Please call Hub4Health: 6376 2971 or Bryan Edhouse: 0414 987 435.