

Committed to providing quality Primary Care to Consumers of Casterton & surrounding districts.

**Programmes include:**

- Just Move Exercise Group
- Walking Group
- Cardiovascular Group
- Carer Support Group
- Strength and Balance—Falls Prevention exercise group
- Monthly Men's Lunch—socialising with other men
- Spot check clinics
- Breast Screen Bus
- Better Health Self Management—Chronic disease Management
- Health Promotion programmes at local events and in partnership with local organisations.



## Casterton Memorial Hospital

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Supported by the Australian Government Department of Social Services. Visit the Department of Social Services website ([www.dss.gov.au](http://www.dss.gov.au)) for more information .



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## Casterton Memorial Hospital



# Community Health Services



'With Open Arms'

'A Fully Accredited Healthcare Facility'

# Community Health

## **Aim:**

To improve the health and wellbeing of all consumers of the Casterton community.

## **Objectives:**

- To assist consumers to achieve their own health goals
- To work with other primary health care providers to support all care participants
- To assist consumers to use strategies to achieve and maintain their individual health status.
- To develop health care programs and activities to improve social and physical environments in the community
- To actively engage consumers and other relevant people (including other agencies) in goal setting and care planning

## Community Health Nurses

### **Our community nurses are available for:**

- Individual consultations
- Health information sessions for groups, clubs and organisations.
- Health education and promotion in pre-school, primary and secondary school settings
- To assist with the co-ordination of support groups for various health conditions
- Advice, assistance and referral to other Health Care Providers
- Telehealth

### **Topics include:**

- |                   |                       |
|-------------------|-----------------------|
| Asthma            | Diabetes              |
| Arthritis         | Continence            |
| Cancer prevention | Cardiovascular health |
| Falls Prevention  | Nutrition             |
| Women's Health    | Men's Health          |
| Mental health     | QUIT                  |
| Sexual Health     | Gamblers Help         |

