



CASTERTON HEALTH & HOSPITAL HAPPENINGS

CI/A01/55075

Providing Services in:

Acute Healthcare:

- * Urgent Care
- * Medical care
- * Day procedures
- * Palliative Care
- * Respite
- * Postnatal/Midwifery Care
- * Dialysis
- * X-Ray services
- * Equipment Hire

Residential Aged Care:

- * 30 well appointed rooms
- * 24/7 Registered Nurse and GP care
- * 7 day supported Activity Program
- * Pleasant, comfortable décor and gardens
- * Rehabilitation programs
- * Free Foxtel to lounges

Primary Healthcare:

- * District Nursing
- * Social Support Group
- * Visiting Specialists
- * Midwifery home visits
- * Exercise Programs
- * Physiotherapy
- * Dietetics
- * Audiology
- * Podiatry
- * Speech Therapy
- * Mental Health
- * Telehealth/Skype
- * Home Maintenance
- * Meals on Wheels
- * Community Taxi
- * Function Room Hire
- * Video Conferencing
- * Catering
- * Bus Hire

CMH Exercise Classes Commencement dates for 2021:

Going Strong - Wednesday 20th January 2020 at 11:00am.

Strength & Balance - Wednesday 20th January at 1:00pm (Transport for this class will be available from the Wednesday 3rd February class).

Friday Walking Group - Friday 22nd January at 9:00am (please note change of start time).

Just Moves – Friday 22nd January 2021 at 11:00am.

For inquiries regarding any of these classes, please call CMH on 5554 2555.

CMH Community Transport

Community Transport continues to provide services over the Christmas and New Year period.

This service is available for transport within Casterton and operates on the following days 4:00pm (excluding Public Holidays).



Pension week – Monday, Thursday (Pension day) and Friday.

Non-Pension week – Monday, Wednesday and Friday.

For bookings and enquiries, please call CMH on 5554 2555.

STAY SAFE AND SURVIVE THE HEAT



Drink Water – even if you don't feel thirsty

Hot cars kill – never leave kids, older people, or pets in cars

Keep Cool – seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light clothing

Plan ahead – schedule activities in the coolest part of the day

Check in on others – look after those most at risk in the heat

SURVIVE THE HEAT
Visit betterhealth.vic.gov.au

