

COMMUNITY UPDATE

www.mthcs.com.au

January 27, 2022

Preparing for kinder

Our kinder programs will be resuming soon, and there are many ways parents can prepare their children.

Over the summer holidays:

- Talk about what your child will do and read books about kinder.
- Encourage your child to dress themselves so they can manage tasks like taking their jumper on and off.
- Visit the kinder or travel past it on your route home.
- Go shopping with your child a week or two before the first day and let them choose a backpack. Label their belongings.

On the first day:

- Build their confidence by asking your child about any concerns and work out solutions together. Practice "what-ifs"... "what if I spill my yoghurt?"
- Prepare the night before - lay out clothing you both agree on and pack their bag together.

Our MTHCS facilities are all Kinder Tick approved. Information and support is always available. Call the Early Years Learning team on (03) 5091 0292.

Community transport's back!

MTHCS is re-introducing a weekly Transport Service to Mildura for eligible clients under strict COVID-safe guidelines. Transport to Mildura is available each TUESDAY from February 1st, 2022.

Contact MTHCS Community Transport on 0419 371 445 for information and booking requests. Office hours: Monday-Thursday, 9am and 2pm.

It's up to all of us...

COVID-19 is our new normal for the time.

Please keep

- **Wearing masks indoors - properly**
- **Maintaining safe social distance**
- **Handwashing and sanitising - often**
- **And, most importantly, get your booster!**



Helping out our neighbors

The cooperation between health services and providers in the Mallee during the pandemic has been phenomenal.

As a small rural health service we get a hand from Mildura Base Public Hospital in lots of ways - so it's nice when we can repay the favor. Last week MBPH found itself a little short of scrubs - so with a stock in our stores and plenty in reserve for our needs, MTHCS Community and Social Support Manager Nadiene Lynch was happy to drop of some of ours to Lacey at MBPH to help get them through

Extreme heat impacts

We have been able to cautiously re-open some services with strict COVID-safe planning in place. However, during extreme heat we may have to cancel some outreach programs, transport and services such as home visits at short notice. We apologise in advance for any inconvenience.

Feeling unwell?

Nurse On Call puts you in touch with a registered nurse for professional health advice around the clock. Nurse on Call is available on **1300 60 60 24** from anywhere in Victoria for free 24 hours a day. In an emergency, always call 000.

Kids showing the way

We're happy to see so many families booking in for children's COVID-19 vaccination.

Although children and young people are less likely to develop severe symptoms, some do get very unwell. Vaccination can protect kids and help prevent them transmitting the virus to family members, particularly older family members. Vaccinating children also means there is less chance of school closures in future...which means more face-to-face learning, play, sport and socialisation.

To book in your child, or to book a booster shot please contact the medical clinic.



Aged Care residents keeping busy

Although the doors were closed for visitors for a few days at Ouyen Aged Care and Pattinson House, there was plenty to do. Including the eagerly anticipated filling of the Rhubarb and Apple pies we prepared for last week, and charades and bingo games.



Employment opportunities

MTHCS has a number of non-gender specific roles available. At MTHCS we define our expectations and are accountable for our actions.

Mental Health Clinician
(See separate advertisement)

Endorsed Enrolled Nurse (0.7 EFT Ouyen)

We're looking for an Enrolled Nurse with passion, energy and enthusiasm for aged care to join their dedicated team at their Ouyen campus.

Registered Nurse (Casual)

We are always searching for Registered Nurses to join our casual bank, even more so in today's climate. If you have connections with any Registered Nurses who are interested in a tree change, even for a short period of time, we would love to hear from you. Registered Nurses provide leadership and support to staff, patients residents and their family and is responsible for providing quality day to day healthcare of patients and consumers.

MTHCS is an equal opportunity employer. Visit www.mthcs.vic.gov.au/employment for more information and other positions.

To apply: provide your resume with cover letter to payroll@mthcs.vic.gov.au or People & Culture, PO Box 130, Ouyen 3490.



Ouyen Service Centre: 5092 1111
Sea Lake Service Centre: 5070 2155
Murrayville Service Centre: 5092 1111
Underbool Service Centre: 5092 1111

www.mthcs.com.au

