

# COMMUNITY UPDATE

December 22, 2022

WWW.MTHCS.COM.AU



*Pictured above: Swim instructor Trish leads lessons in the MTHCS hydro pool.*

## Summer fun in the pool

One of our big recent successes has been our infant swimming program. We've had 52 children participate in this vital water safety and awareness program this term. We are blessed to be able to deliver this program in Ouyen, using the MTHCS heated hydro pool and local instructor Trish. Thank you to Trish and the Staff behind the scenes who support the program to be so successful.

## Holiday closures

Keep an eye out for MTHCS Christmas operating hours. The list will be published in local papers and posted on our website at [www.mthcs.com.au](http://www.mthcs.com.au)

## Montessori in aged care

Roll-out continues of the Montessori in aged care principles. Staff have been undergoing training throughout the year with several nominating as Montessori Leaders to progress their certification to equip them to work in applying the principles. Some of the early steps of implementation include name badges for residents, signage, decluttering and furniture placement. They might seem like small changes, but they are an important part of preparing the environment for residents. Montessori in aged care involves a focus on creating meaningful activities for residents that align with their individual interests, skills and strengths.



*Pictured above: Pattinson House residents John Moulder and Rick Fawcett laminating with Leisure and Lifestyle worker Linda Winslow.*

## Support during tough times

The Rural Outreach Worker program has supported more than 50 people to access services that support their wellbeing as close to home as possible.

ROWs are working closely with other services including Victoria Police, Haven Home Safe, Mental Health Victoria, Head to Health, GP clinics, Anglicare and Orange Door just to name a few. They have supported carers to access respite, families to access NDIS supports, and helped people to find mental health services. If you are finding things a little tough and don't know where to start, the ROWs can support you. This service is free for all people who access other MTHCS programs.

The ROW program is going to take a break over Christmas and New Year period. We know this can be a stressful time so here are some numbers for when you can't call us.

- Life Line - 13 11 14
- Kids Help Line - 1800 551 800
- Beyond Blue - 1300 224 636
- Headspace - 1800 650 890
- Suicide Call back Service - 1300 659 467
- Mental Health Service Mildura - 1300 366 375
- Mental Health Services Bendigo - 1300 363 788



*Pictured above: MTHCS recognised the police officers killed in the line of duty.*

## Mourning fallen officers

Last week MTHCS lowered our flags to half-mast in recognition of the police officers killed in the line of duty in Queensland. We send our condolences to their families and friends and acknowledge the commitment all police officers undertake each time they go to work. Thank you for all that you do to keep our communities safe. We are in your debt.

## A COVID-safe Christmas

Thank you once again to our staff and visitors for your efforts to protect each other and the people who use our services from COVID-19. N95 masks will remain a requirement for all visitors for the foreseeable future, while a QR code check-in and a negative RAT result are also needed before entering an MTHCS aged care hostel.

This is our last update for 2022 - we wish you and your friends and families a safe and happy Christmas and New Year!