

LOOK AFTER YOUR FEET

PODIATRY CARE TIPS FROM MTHCS

Our podiatry clinic is currently very busy, which may mean longer wait times for appointments. In the meantime, here are some simple tips to help keep your feet healthy and comfortable at home.



NAIL CARE

- Always trim or care for nails after washing your feet
- Sit comfortably with good lighting
- Cut nails straight across – avoid cutting down the sides
- Thick nails? Gently file in one direction (not back and forth)
- White spots are often caused by minor trauma

COMMON FOOT CONCERNS

- Yellow nails: Apply apple cider vinegar daily
- Dry heels: Gently rub and moisturise every day
- Between toes: Keep dry using methylated spirits

CHECK YOUR FEET DAILY

- Look for cuts, cracks, redness, or swelling
- Use a mirror or ask someone to help if needed

FOOTWEAR MATTERS

- Wear well-fitting, supportive shoes
- Choose soft uppers with no tight seams
- Ensure shoes are wide, deep, and low-heeled
- Rotate footwear to allow them to dry

MINOR INJURIES

- Clean cuts with warm water and apply a dressing
- Cover blisters – do not pop them
- Watch for signs of infection (redness, heat, swelling, pain)

WHEN TO SEEK HELP

If you notice any changes in your foot health or have concerns, contact the Podiatry Team or see your GP. Caring for your feet today helps keep you active tomorrow.

FOR MORE INFORMATION CONTACT MTHCS HEALTH CENTRE OUYEN (03) 5092 1111

The community asked for more mental health supports and we listened



Mental Health First Aid

Become a Mental Health First Aider (MHFAider) equipped with the knowledge, confidence and skills to provide someone with mental health information and support when it matters most. Passing a short assessment at the end of the course enables MHFAider accreditation for 3 years. FREE for residents within the MTHCS catchment area.

Two x 6-hour sessions over two Fridays
20th & 27th March in Ouyen or Friday 17th & 24th April in Sea Lake

Learning Outcomes

- Recognise the signs and symptoms of depression, anxiety, psychosis, substance use problems, suicidal thoughts and behaviors, panic attacks, non-suicidal self-injury and traumatic events.
- Use an evidence-based action plan to initiate a mental health first aid conversation.
- Assess for a range of crisis situations and provide initial support.
- Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available.
- Upon completion of this course participants will be able to: Apply self-care practices as a Mental Health First Aider.

Intervene early

Recognise the warning signs of mental health problems in other adults.

Respond in a crisis

Respond across a range of crisis situations where an adult may be at risk of harm.

Reduce stigma

Reduce stigma and increase support for adults experiencing and living with mental health problems.

Offer support

Learn the skills to speak openly and accurately about mental health.

Why attend a Standard Mental Health First Aid training course?

Improve knowledge

Evaluations consistently show that by attending a course, participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.

Improve confidence

Course participants report improved confidence in providing first aid to individuals.

Anyone can have a conversation that may save a life. Everyone should know how.



Get vaccinated and protect yourself from measles.

Two doses of the measles-mumps-rubella (MMR) vaccine are required for protection.

If you haven't had two doses, or you don't know, get vaccinated.

People aged 20 to 60 years are eligible for the free state-funded MMR vaccine.

MMR vaccinations are offered here.

Ask our medical clinic staff about booking your MMR vacc.



Find out more about the MMR vaccine.



Mosquitos can spread disease

Mosquito numbers are higher than usual across the Loddon Mallee region, and with that comes an increased risk of mosquito-borne disease.

Mosquitoes in our region can carry Ross River virus, Barmah Forest virus, Murray Valley encephalitis and Japanese encephalitis. Simple steps can help protect you and your family.

Here's how to stay safe:

- ✓ Apply repellent containing DEET or picaridin to all exposed skin
- ✓ Wear long, loose, light-coloured clothing (mosquitoes can bite through tight clothing)
- ✓ Remove stagnant water around your home where mosquitoes breed
- ✓ Limit time outdoors in the evening when mosquitoes are most active
- ✓ Ask your GP about the free JE vaccine if you're eligible

More information: <https://bendigohealth.org.au/LMPHU/mosquitoes/>



Why is Smile Squad so important?

Oral disease is one of the most common and expensive diseases to treat, but it is also the most preventable.

Across Australia a quarter of children have untreated tooth decay and in Victoria dental conditions are the highest single cause of preventable hospitalisations for kids under 10.

When it comes to oral health early prevention is key. Smile Squad aims to improve the oral health of all Victorian government school children through the delivery of consistent, accessible, high-quality dental care, every time.

With a strong focus on education and prevention, we want every student we see to walk away with the tools and knowledge they need to eat well, drink well and clean well - for life.

Together we can reduce the burden of oral health and minimise its impact on the lives of young people and families across the state.

Oral Health Victoria has increased MTHCS Public Dental Funding to include 5 more schools in our Smile Squad service delivery. Tankard Dental will be visiting 7 schools in the district in 2026 to deliver smile squad services to our local primary schools.

The smile squad will now visit Murrayville, Underbool, Hopetoun, Tempy, Ouyen, Manangatang and Sea Lake public schools during 2026.

Stay tuned to receive more details through your child's school on visit dates and permission forms.

