

COMMUNITY OUTREACH THROUGH EXERCISE PROGRAM FOR RURAL MALLEE TOWNS

Each week, MTHCS Exercise Physiologist Tsharni Burns and Allied Health Assistant Cara Brady venture out to community halls along the mallee track and hold group exercise classes.

There are many health benefits to exercising and our groups provide a safe space for people to be active. Being physically active not only improves physical health but also mental health, which is very important especially in these rural areas. Unfortunately, due to many reasons, chronic conditions such as diabetes, heart disease, and cancers are prevalent in our area and exercise provides an effective treatment to these. Along with our groups, Tsharni can also provide one on one sessions where individualised programs are developed. Home exercise programs are prescribed to people as well, encouraging physical activity whenever and wherever possible.

“Engaging with the community is an important aspect. It’s a great social gathering for the people that come along. Yes, it’s about keeping people moving and healthy but the social part of it is important too. Some people get disappointed when they can’t come, I think they enjoy the classes more for the social side but as long as they’re exercising and moving, I’m happy!”, says Burns.

Working in rural communities, often Tsharni and Cara are the first port of call when clients have a health issue and they’re able to point them in the right direction and recommend medical services. Ouyen and Sea Lake have medical clinics whilst in Murrayville and Underbool they do have a nurse practitioner from Mallee Border Health that provide amazing health services to those communities.

“These services are so important and since COVID it’s become even more so. I think people realised how hard it was to not see people and not be able to get out. So, we offer that once a week, they know that it’s on and know they can get out of the house to see people and connect. We also find if someone is not there, and we haven’t heard from them, it’s a good way to check up on their welfare and make sure they’re doing ok. It’s a real family vibe within the groups.”, Tsharni Burns shares.

Lyndal Munro, Director of Community Services for MTHCS says, “We’re living our mission; to provide access to quality, person-centred care to all community members regardless of age throughout the Mallee.”



(L to R) Cara Brady and Tsharni Burns at MTHCS Ouyen Health Centre

MTHCS are embarking on the development of a comprehensive three-year strategic plan to ensure the delivery of quality healthcare meets the evolving needs of our diverse and growing community.

“One focal point of the plan will be bringing care closer to home. An extensive community consultation process will be undertaken throughout June/July 2025, and we invite all to participate. As members of this community, your experiences, concerns, and aspirations are invaluable. Your participation in the strategic planning process will help shape healthcare programs, and services that directly impact you and your loved ones. This is an opportunity to have your voice heard and contribute to the future direction of healthcare in the Mallee Community.” said Dr Frances Peart, CEO Mallee Track Health and Community Service.

For more information on exercise classes and other services please go to mthcs.com.au
If you would prefer to talk to someone about how to access services call our intake team on (03) 5092 1111.

SCHOLARSHIP SUCCESS AS JESSICA WHITE EMBARKS ON EARLY CHILDHOOD EDUCATION JOURNEY

Jessica White has been awarded a scholarship to study the Diploma of Early Childhood Education and Care through the Foundation of Mallee Track, a significant step toward building a stronger local workforce in the early childhood sector.

With a passion for working with children, White says the scholarship not only provides financial relief but also boosts her confidence as she pursues formal qualifications.

“One of my favourite parts of working with children is developing bonds and helping them feel safe and secure,” she said. “Watching them grow more comfortable and seeing the positive changes through the eyes of their parents is incredibly rewarding.”

Foundation Chair Philip Down said the scholarship plays an important role in supporting both the individual recipient and the wider community. “We are delighted to award this scholarship to Jessica,” Mr Down said. “Growing our own workforce is critical for the future of our region. Investing in early years education ensures children receive the best start while supporting working families who rely on quality care.”

White, who has not previously received a scholarship, expressed her gratitude for the support. “This funding is a real confidence boost,” she said. “It means I can focus on my studies and purchase the resources I need without extra financial pressure.”

The Foundation of Mallee Track continues to invest in education and training opportunities that support regional development and create lasting community benefits.



(L to R) Philip Down & Jessica White outside MTHCS Sea Lake Early Learning Centre

FOUNDATION OF MALLEE TRACK SCHOLARSHIP FOR JO!

Our third Foundation Scholarship for the Diploma of Early Childhood Education and Care has been accepted by Joanne Grayling.

“I first commenced working at Mallee Track as a personal carer at Pattinson House Aged Care before transferring across to Mallee Minors Childcare. I have a passion for providing quality care to the best of my ability. I always find the children very affectionate inquisitive and can always put a smile on your face.”

“This will help towards purchasing a new laptop to assist with my studies. Also I feel privileged to be receiving my first ever scholarship at 62 years of age”, shared Joanne.

Congratulations Joanne!



Joanne Grayling at MTHCS Mallee Minors

FREE Health Check

- Blood pressure
- Heart rate
- Weight & height
- BMI & body fat
- Type 2 Diabetes risk



DROP IN weekdays
Ouyen & Sea Lake Neighbourhood House
22 July - 5 Aug 2025
*after-hours & group bookings upon request

Ouyen
9am - 5pm
row@mthcs.vic.gov.au
Ph: 0492 001 181

Sea Lake
9am - 4pm
tallan@mthcs.vic.gov.au
Ph: (03) 5070 2155

Mallee Machinery Field Day
6th & 7th Aug 2025



Get a Flu Shot Available Now

CALL FOR AN APPOINTMENT
MEDICAL CLINICS AT
OUYEN P: 5092 1168
& SEA LAKE P: 5070 2118

Winter is Coming!



Child Safety @ Mallee Track

In support of strengthening our organisational commitment Child Safe MTHCS will no longer show photos of children in our Social Media feed. We will continue to have photos of children on our print media where families have provided us with permission to do so. Thank you to the feedback from families around this really important safety issue.

Get in touch

(03) 5091 0292

earlyyears@mthcs.vic.gov.au

Support for Carers

Service available to those who provide unpaid support to a family member, partner or friend who has a disability, mental illness, chronic condition, is frail aged or recovering from addiction. Carers are vital to our communities.

At MTHCS, we recognise the strength and challenges of caring for someone. Our Carer Support Services can help with:

Emotional Support

Talk to someone who understands, confidential support and a listening ear.

Practical Assistance

Help with navigating services, referrals, forms and appointments.

Carer Support Groups

Connect with other carers through regular gatherings and special events.

Information and Advocacy

Helpful resources and support to access assistance. Call the Rural Outreach Workers on 0429 090 942 for Ouyen and Murrayville or 0492 001 181 Sea Lake Drop into your local MTHCS site or ask your GP or health worker for a referral.

