

The Kilmore & District Hospital



Pictured: Community representatives attend the first workshop

Community Creates Impact

Loneliness. Anxiety. Depression. They're just some of the topics on the table as The Kilmore District Hospital (TKDH) talks with local people to co-design our community's future wellbeing.

Through a research partnership with Swinburne University, the Collective Impact for Community Wellbeing Project provides a forum for collaborative conversations to develop an action plan to improve mental health services and awareness across the Kilmore area.

The initiative has emerged out of TKDH's participation in Swinburne's Smart Rural Health Research Team. This partnership – a collaboration with other small rural health organisations - trials innovations in service delivery, and seeks to build a community of leading practice health services.

It's a way for smaller services without dedicated research departments to leverage collective wisdom and jointly access funding for projects that will support their communities.

The Helen Macpherson Trust has funded this wellbeing project, which is underway in three rural Victorian communities – Kilmore, Heathcote and Romsey-Lancefield.

Over a series of four workshops, each community group is coming together to identify its own local mental health and wellbeing issues, and to develop a targeted action plan.

More than 50 expressions of interest were received when TKDH sent out the initial call to get involved, and 20+ people attended the first workshop in early

November. The broad mix of individuals, service organisations and support groups included Victoria Police, local churches, Men's Shed, and the Mitchell Suicide Prevention Line.

At the first session information was gathered on how people perceive mental health, current services and the most pressing priorities. Jitka Jilich, TKDH Social Worker and Community Engagement Officer, acknowledged the diversity of experiences and expertise in the room.

"So many people and organisations are engaged in mental health and wellbeing matters, but we have not always talked so well with one another. Instead of each us doing our own thing or coping alone, these conversations bolster opportunities to understand the issues, create solutions and grow awareness."

The second workshop is scheduled for 28 November. A representative from Mitchell Shire will provide the group with demographic and population trend data to inform the planning work set for 2020.

This action plan is a work in progress that is being shaped by the community. So far the group has highlighted family violence, access to services and youth needs.

Maybe you've got valuable insights that could also be considered. Your ideas are welcome and there's still time to participate. TKDH would particularly like to learn more about mental health and wellbeing perspectives from local employers and young people.

If you cannot attend a workshop there are other ways to contribute. To learn more or get involved, contact Jitka on 5734 2164 or Jitka.jilich@kilmorehealth.org.au.

CEO's Update

Welcome to the spring edition of The Kilmore & District Hospital newsletter.

This time around we're sharing with you the positive impact of the community bus for our residents at Dianella Hostel. You can also learn about our collaboration to improve mental health and wellbeing, and find out how to get your hands on TKDH Annual Report and Quality Account 2020 Calendar.



Right now, we've got a big calendar open so we can plan for the next five years! In recent months we've been consulting with stakeholder groups to learn what people think should be our focus for 2020-25. Staff, Visiting Medical Officers, partners and community members told us what was most important from their perspective. This information guided the Board of Directors and senior leadership team to develop TKDH strategic priorities for the next five years. Thank you to everyone who shared their ideas, experiences and expertise.

Our focus for the next three months includes:

- Finalising the 2020-25 strategic plan
- Preparing for our Annual General Meeting (event details on page 3)
- Completing the third construction stage to refurbish Caladenia Nursing Home.

A big thank you to our entire TKDH team – that includes supporters, donors, volunteers and committee members. Special thanks to the Opportunity Shop Committee and the Hospital Auxiliary for their donations. We simply cannot do it without you.

Regards,

Sue

Beat the Heat



With summer just around the corner, and an anticipated increase in heatwave days, it's time to get ready to beat the heat. On hot days:

- Never leave kids, adults or pets in cars
- Drink plenty of water, even when you don't feel thirsty
- Keep yourself cool by using wet towels or cool water
- Spend as much time as possible in cool or air-conditioned buildings
- Block out the sun by closing curtains and blinds
- Plan ahead so you don't have to go out in the heat – stock up on food, water and medications
- Stay out of the sun during the hottest part of the day
- Wear sunscreen, a hat and light coloured, loose-fitting clothing made from natural fibres
- Eat smaller meals more often and cold meals such as salads
- Look after those most at risk – a neighbour living alone, older people, young people or people with a medical condition.

What have we been up to?

Data from 1 July to 30 September 2019 included in these figures



533

Urgent Care presentations



162

Community Nurse Home Visits



29

New Staff Members



9

Dianella Resident Outings



50

Babies Born



1643

Outpatient Clinic Visits



478

Procedures Performed



3

New Board Directors



The Wheels on the Bus

Back in July TKDH was handed the keys to the Bendigo Bank Community Bus, a service previously administered by Mitchell Shire.

Since then the bus has taken our Dianella Hostel residents on more than ten outings, with more planned.

Dianella Hostel Leisure and Lifestyle Co-ordinator, Mel Markey explained that the bus takes residents out into the community for small things like coffee, and a trip to the post office and local shops.

"We're getting out there so residents can interact with

community members. That's a great feeling, and it keeps us all together and connected."

The bus continues to be strongly supported by Bendigo Bank Kilmore branch manager, Simon Halman acknowledged that "the bus is part of the bank's ongoing commitment to supporting the local community".

The hospital is now able to offer the bus for use by not for profit, locally based community groups. You can get all the information you need and book online at www.kilmoredistricthospital.org.au.

Three Cheers for TKDH



In October TKDH got the good news that we were a finalist in the Victorian Public Healthcare Awards.

Our entry in the 'Improving workforce wellbeing and safety' category highlighted a concerted effort to make TKDH a great place to work.

It makes sense that when people feel comfortable at work, they perform better.

So by creating a positive workplace culture and transforming our organisation, TKDH can improve care and safety for patients and residents. So it's a win-win, just to be announced as a finalist!

And in news hot off the press, win we did! Congrats, team!

Keeping you in the Loop



Our AGM is your chance to come along and hear about the organisation and the year we've had. It's also a forum for TKDH staff and volunteers to be publicly recognised for their contributions.

This year, the main presentation is 'Get your Rear in Gear'. You'll learn how TKDH is helping to beat bowel cancer by providing easy access to testing and investigations close to home.

We'll also launch the Annual Report and Quality Account Calendar, so you can track our business over the 2018/19 financial year, and discover how we've monitored and improved our quality of care.

These reports will be available online and at the hospital from 5 December 2019. Get in touch if you'd like us to post you printed copies.

AGM

Wednesday 4
December at 6pm

St Patrick's
Primary School,
Kilmore.

Who are You?

Jitka Jilich

Social Worker & Community Engagement Officer

What does your role include?

As a Social Worker I assist vulnerable people, to make their life a little easier. This includes counselling and emotional support. I might assist with practical concerns, and connect someone to local services and support. I also work closely with consumers and representatives on the Community Advisory Committee and the Diversity, Inclusion and Health Literacy Working Groups. We find ways to improve service delivery so that TKDH can provide the best health care experience for 'everyone'. I also coordinate the volunteer program.

How did you find yourself at TKDH?

I started working in Aged Care 10 years ago as part of a project to increase older people's community connections. That project finished but I continued in the role of Community Engagement and Volunteer Coordinator. When the Social Work position became available four years ago I was very excited to continue in the profession I have cherished for almost 40 years.

What is the best thing about working here?

There is no 'one' best thing. It's a joy to work with and befriend volunteers, and see the difference they make. I like strengthening our links with the community; working with consumers on committees and knowing they affect real change. While social work is about supporting and assisting individuals and families who experience difficulties at vulnerable times, it is also about bringing systemic change. I love that my workplace is striving to make the best possible experience for everyone who comes our way.

What local activities do you enjoy on your days off?

There is definitely more to my life than work! I love spending time with my grandchildren. My partner and our friends enjoy amateur theatre, always followed by dining out. Book group keeps me reading for pleasure, and in touch with special people. My home grown food is also the favoured cuisine of local kangaroos, wallabies, deer and possums so my partner is busy building animal proof fencing!



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