

KOOWEERUP REGIONAL HEALTH SERVICE



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KRHS is a small 72 bed Public Hospital Servicing outer South East Melbourne and adjacent rural areas. We provide a range of centre and community based services: Acute Care, Early Parenting Unit, Transitional Care Program, Respite and Residential Aged Care, Community Health, District Nurses, Pathology and Allied Health for example: Physiotherapy, Occupational Therapy and Social work. There is also Specialist Medical Services such as Cardiology, a Podiatrist and Diabetes Clinic. KRHS is a member of the 'International Health Promoting Hospitals Network' and 'Global Green and Healthy Hospitals'.

Ageing Well Most of us don't want to think about needing support when we get older, but it's important to know what your options are. Ageing well is about being prepared, having choice and flexibility. If your interested in finding out more about how we can support you and your family, please contact our Care Advisors on 5997 9679

Success in 2020 Climate Champion Awards.

The Kooweerup Regional Health Service has climate change firmly in its sights and is taking proactive steps through leadership actions across the health service and work with the local community. We are very proud to announce a **Silver Award** for its work around Climate Resilience and a **Gold Award** for Climate Leadership. In the Global Green and Healthy Hospitals 2020 Climate Challenge.

THE AWARD is held yearly, with awards related to the three pillars of the 2020 Challenge:

Mitigation – Reducing health care's own carbon footprint.

Resilience – Preparing for the impacts of extreme weather and the shifting burden of disease.

Leadership – Educating staff and the public while promoting policies to protect public health from climate change.

The Global Green and Healthy Hospitals community has 742 members in 41 countries on 6 continents, who represent the interests of over 21,700 hospitals and health centre's across the world.

The Kooweerup Regional Health Service has a number of initiatives in place such as the Community Garden, The Men's Shed, Youth Services, the Hewitt Eco-House, recycling actions and a host of workshops that focus on environmentally sustainable practices. Everyone is **welcome to visit** the Eco-House and take a guided tour or speak to the Health Promotion team for more information.

Computer Classes

New Classes commencing now

Where: Koo Wee Rup Men's Shed, 215 Rossiter Road, Koo Wee Rup.

When: Friday mornings suit beginners at 9.00am more advanced at 10.00am.

Bookings essential, places limited to 5 per group.

Please phone Geoff 5997 1974 or Brian 5997 9687



Pilates Lessons **First Class Free**

Where: Hewitt Eco House

215 Rossiter Road, Koo Wee Rup.

When: 6.00pm Mondays and 12.30pm Fridays
1 hour class with a fully qualified teacher

THE HUB

*Feeling down ? Worried ?
Struggling with school ?*



The Hub is a free, informal and confidential health service available to all young people aged 10 to 25.

Phone Brian 5997 9687 for more information

Every Wednesday 12.00 - 4.30pm

Tai Chi is a Chinese discipline that integrates mind, body and spirit. Practitioners use meditation and deep breathing as they move through a series of continuous movement, called 'forms' which resemble martial art movements, only in slow motion. Tai Chi, although a martial art is now mainly practiced for its therapeutic benefits, which include reducing stress, promoting balance and flexibility. Tai chi can also be used for arthritis, balance, circulation problems, high blood pressure and multiple sclerosis.

Tai Chi classes are run every Thursday at 1.00pm for 20 minutes in the Hewitt Eco House Community Room. It's free and everyone is welcome to join in.



Our volunteer program is expanding to take in a variety of opportunities, including: administration, auditing, Consumer Advisory Committee involvement and gardening. Please feel free to call Maria Canty to discuss further on 5997 9792 (Wed & Thurs).

