

KOOWEERUP REGIONAL HEALTH SERVICE



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September
2016

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'.

***The first workshop was a great success, don't miss the next one
BOOK NOW***

Find out how to make YOUR HOME a Healthy and Sustainable Home

Free Workshops, Free Sustainable Homes Folder, Free Showbag, Free Light Lunch

Saturday 17th September, 10am - 1pm, **Solar Electricity and Battery Storage**

Saturday 22nd October, 10am - 1pm, **Water and Waste**

Saturday 19th November, 10am - 1pm, **Garden Sustainability**

Plus, adapting to climate change, sick building syndrome, saving money in the home.

Bookings essential: Brian Harlow 5997 9687

Hewitt Eco House, 215 Rossiter Road, KWR



Controlling my own life

Making the most of Consumer Directed Care

The way home care is delivered in Australia has changed. Older people now have more choice and control over the services they receive and how they are delivered.

This free session provides practical information that will assist you to make the most of your choices.

Monday 26th September, 10.30 - 11.30am

Senior Citizen Club, Koo Wee Rup

Contact Nola 5997 9792 for bookings

THE HUB Opening Wednesday 31st August

KRHS wishes to acknowledge the generosity of the Bendigo Bank KWR, the KWR Lions Club and Vic Health in helping to establish 'The Hub'

The Hub is a free, informal and confidential health service available to all young people aged 10 to 25. Helping youth to take an active role in the care of their health.

Phone Brian 5997 9687 for more information

**Every Wednesday 12.00 - 4.30pm
215 Rossiter Road, KWR**

New Infant Feeding Clinic

Kooweerup Infant Feeding Clinic provides free personalised advice and support to families with infants from Internationally Accredited Lactation consultants.

Feeding your baby, whether breast or bottle can sometimes be confusing and frustrating.

Misinformation about infant feeding is common and the reality can be a world away from what you read on line or in books.

Babies are individuals and just as you have your own preferences, likes and dislikes so too does your baby.

We can assist and support you to overcome common problems such as:

- Positioning and attachment difficulties
- Low breast milk supply
- Management of sore nipples
- Assessment of infants tongue and lip
- Feeding support of multiples, eg. twins
- Reflux issues
- Weaning
- Introduction to solids
- Low, poor weight gain
- Mastitis

Ph: 5997 9679

