

# KOOWEERUP REGIONAL HEALTH SERVICE



235 Rossiter Rd. Koo Wee Rup. Vic. 3981

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September  
2017

**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'.

Date:  
**Wednesday 6th September**

Time:  
**10.00 - 11.30am**

Location:  
**Hewitt Eco House  
Community Room  
215 Rossiter Road,  
Koo Wee Rup**

Enquiries  
**5997 9679**

## Free Thunderstorm Asthma Community Education

The Asthma Foundation Victoria have been funded by the Department of Health and Human Services to deliver Epidemic Thunderstorm Asthma Community Education Sessions.

These free community sessions can be attended by anyone, and will cover the following topics:

- What is Thunderstorm Asthma
- Who is at risk of Thunderstorm Asthma
- How do you respond to a thunderstorm event
  - How to perform asthma First Aid
  - The link between asthma and hay fever

Reserve your place here today:

<https://tsa-kooweerup.eventbrite.com.au>



Sunday 19th November, Koo Wee Rup Mens Shed is pleased to host the popular

**Music on the Grass 2017** event.

If you or your group would like to have a stall, please contact Maria 5997 9792 Wed & Thurs or email: [cantym@krhs.net.au](mailto:cantym@krhs.net.au)



**Volunteer at KRHS? Why not!**

please contact Maria Canty

Phone: 5997 9792

Email: [cantym@krhs.net.au](mailto:cantym@krhs.net.au)

## Home Care

### We're here for you

Most of us don't want to think about needing support when we get older, some people find it hard to accept they may need help, so it's important to know what your options are.

KRHS can help you every step of the way. Our experienced Care Advisors will give you the support you need and help you live as independently as possible in your own home.

We are committed to help you obtain high quality, reliable care, with flexible times that suit you, 7 days a week.

KRHS is government approved to provide home care packages.

call: **5997 9686**

and see how we can make a difference in your life.

*Just some of our services:*

Qualified professional nursing care.

Domestic and personal care.

Physio, Occupational Therapy, Dietetics (Allied Health).

Gardening and home maintenance.

Shopping and transport.

## Depression is the Silent Killer

Depression and Suicidal Awareness Session

Wednesday 27th September

No cost, 10.00 - 11.30am

Hewitt Eco House Community Room

215 Rossiter Road, Koo Wee Rup

Bookings 5997 9790

## 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**