



CASTERTON HEALTH & HOSPITAL HAPPENINGS

CI/A01/55075

Providing Services in:

Acute Healthcare:

- * Urgent Care
- * Medical care
- * Day procedures
- * Palliative Care
- * Respite
- * Postnatal/Midwifery Care
- * Dialysis
- * X-Ray services
- * Equipment Hire

Residential Aged Care:

- * 30 well appointed rooms
- * 24/7 Registered Nurse and GP care
- * 7 day supported activity program
- * Pleasant, comfortable décor and gardens
- * Rehabilitation programs
- * Free Foxtel to lounges

Primary Healthcare:

- * District Nursing
- * Social Support Group
- * Visiting Specialists
- * Midwifery home visits
- * Exercise Programs
- * Physiotherapy
- * Dietetics
- * Audiology
- * Podiatry
- * Speech Therapy
- * Mental Health
- * Telehealth/Skype
- * Home Maintenance
- * Meals on Wheels
- * Community Taxi
- * Function Room Hire
- * Video Conferencing
- * Catering
- * Bus Hire

SURVIVE THE HEAT

Heat kills more Australians than any other natural disaster



DRINK WATER

Even if you don't feel thirsty, drink water. Take a bottle with you always.



HOT CARS KILL

Never leave kids, older people or pets in cars. The temperature inside a parked car can double within minutes.



KEEP COOL

Seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.



PLAN AHEAD

Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.



CHECK IN ON OTHERS

Look after those most at risk in the heat - your neighbour living alone, older people, the young, people with a medical condition and don't forget your pets.

SURVIVE THE HEAT
Visit betterhealth.vic.gov.au

For more information visit the Better Health Channel.
Call NURSE-ON-CALL on 1300 60 60 24 or see your doctor if you are unwell.
In an emergency, call 000.



Authorised and published by the Victorian Government, 1 Treasury Place Melbourne.
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Exercise Classes at CMH

Commencement dates for 2020:

Cardiovascular Group - Tuesday 7th January from 10:00am

Just Move – Friday 17th January from 11:00am

Going Strong – Wednesday 22nd January from 11:00am

Strength & Balance - Wednesday 22nd January from 1:00pm