



# 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

## **CMH Walking Group**

### **Walking Group at CMH has resumed New members welcome**

Please come and join us if you would like to get out and enjoy some fresh air and a bit of socialising whilst maintaining adherence to current COVID-19 restrictions.

As there are restrictions to the entry to CMH, groups leave from the front lawn of the Hospital at 9:30am on Fridays and 10:30am on Wednesdays (weather permitting) and caters for all levels of fitness and mobility.

If you would like any further information, please contact CMH on 5554 2555.

## **2020 – “International Year of the Nurse and Midwife”**

Even before nurses found themselves facing the coronavirus pandemic head-on, the World Health Organisation designated 2020 the “Year of the Nurse and Midwife” to mark 200 years since Florence Nightingale’s birth.

May 12th was International Nurses Day and this year’s theme of “Nursing the world to health” has never been more apt.

There are many reasons to be thankful for nurses, here a just a few:

- Nurses are at the forefront of the coronavirus pandemic – they play a critical role in the COVID-19 response.
- They put their own health at risk to protect ours
- They sacrifice family time for long hours at work
- They care for society’s most vulnerable – The sick, frail and elderly – or anyone who finds themselves in the care of nurses – are often the most vulnerable members of our community.
- They provide emotional support and help nurture our emotions back to good health too
- They are great medical minds

