


Healthcare Clinics / Weekly Schedule commencing 15 May 2023

SERVICE / CLINICS	CLINIC TYPE	APPOINTMENT Booking/ Call	CLINIC DATES
Audiology	Allied Health	1800 057 220	Friday 9 June
After Hours Doctors Nurse On Call Ambulance	Doctors Nurse Emergency	1800 272 767 1300 606 024 000	After hours and Emergency services.
Community Nurse/s	Nursing	51580243	All week
Continence Clinic	Nursing	51580243	Phone for appointment
Dentist: Dr Karthi Dental Assistant: Priya	Dental	51580 243	Friday 19 May Phone for appointment
Diabetes Educator	Nursing	5158 0243	Phone for an appointment
Dietician	Allied Health	51580243	Phone for an appointment
Flu Vaccination - *Free	Nursing	5158 0243	Call to book now
Maternal Health Nurse	Nursing	5158 0243	Thursday 25 May
NDIS (National Disability Insurance Service) 	Disability	51580243	<ul style="list-style-type: none"> • Plan Management • Support Coordination • Home Care Worker
Occupational Therapist/s	Allied Health	5158 0243	Call for an appointment
Optometrists: Dr Cameron	Allied Health	5152 1668	Thursday 25 and Friday 26 May
Palliative Care at Home	Doctors Nursing Personal Care	51520243	All Week
Pap Smear Screening	Nursing	51580 243	Call for an appointment
Pathology Collection • Blood, Urine, Swabs Capital Pathology	Nursing	5158 0243	Every: Mon, Wed and Fri: 8.30am – 11.30 am
Physiotherapy & Clinical Pilates	Allied Health	5158 0243	Monday, Wednesday and Friday : 8.30 am – 5 pm
Podiatrist: Dr Walker	Allied Health	5158 0243	Thursday 25 May
Royal Flying Doctors / Psychologist	Doctors/Psychologists/ Psychiatrists	1800 001 068	Mon to Fri: 8.30 am – 5.00 pm
Speech Pathology	Allied Health	51580 243	Call for an appointment
Skin Cancer Clinic: Dr Schlager	Doctor	51580 243	Monday 29 May and 26 June
Social Worker	Allied Health	51580 243	<ul style="list-style-type: none"> • Family Crisis Support • Housing Support • Food & Financial Support
Victorian Counselling & Psychological Services	Psychologists	03 9419 7172	Monday to Friday

Community Health and Wellbeing Activities / Weekly Schedule

ACTIVITY	DAY	VENUE
Ladies Exercise Group	<ul style="list-style-type: none"> Monday 9.30 am – 10.30 am Thursday 9.30 am – 10.30am 	MDHSS Miva Hall
Bridge Club	<ul style="list-style-type: none"> Monday 1.30 pm – 4.00pm Friday 1.30pm – 4.00pm 	MDHSS Miva Dining Room
Gourmet Lunch Meals on Wheels	<ul style="list-style-type: none"> Monday 12 pm – 1.00pm Delivery starts 1.00 pm 	MDHSS Dining Room Delivered to your door
Coffee and Trivia QUIZZ	<ul style="list-style-type: none"> Tuesday 10.00 am – 12noon 	MDHSS Dining Room - February
Book Club (First Tuesday of the Month)	<ul style="list-style-type: none"> Tuesday 6 June 2023 2.00pm – 4.00 pm 	MDHSS Miva Dining Room
PIZZA – Wood Oven Cooked 	<ul style="list-style-type: none"> Wednesday 12 pm– 1.00 pm 	The Shed
Men's Exercise Group	<ul style="list-style-type: none"> Wed 9.30 am – 10.30 am Fri 9.30 am – 10.30 am 	MDHSS Miva Hall
Local Shopping Bus*	<ul style="list-style-type: none"> Tuesday 10.00am – 11.30am 	**We pick you up from your front door and drop you back home after shopping
Sewing Group	<ul style="list-style-type: none"> Thursday 1.30pm – 4pm Last Sunday of the month 10.00am – 3.00pm 	Miva Dining Room
Play Group	<ul style="list-style-type: none"> Tuesday 9.30am – 11.30am 	Outdoor Play area or MIVA Hall
Haircuts	<ul style="list-style-type: none"> Monday 29 May Tuesday 30 May Wednesday 31 May 	MIVA rooms
FRIDAY WEEKLY SHOIPPING AND SWIMMING BUS – Eden, Pambula and Merimbula	<ul style="list-style-type: none"> Every Friday 8.30 am – 4.00 pm 	MDHSS Miva Centre (we can collect from your home too)
Men's Health / All Ages At The Shed	<ul style="list-style-type: none"> Friday 11.00am – 2.00pm 	Men's Activities and BBQ lunch. Come and join us!
Karate	<ul style="list-style-type: none"> Saturday 10.00am – 1.00pm 	MHDSS Miva Miva Hall