

Healthcare Clinics / Weekly Schedule from the 13th of September 2023

SERVICE / CLINICS	CLINIC TYPE	APPOINTMENT Booking/ Call	CLINIC DATES
Audiology	Allied Health	1800 057 220	Friday 13 th October
After Hours Doctors Nurse On Call Ambulance	Doctors / GP Nurse Emergency	1800 272 767 1300 606 024 000	24/7 On call and After hours and Emergency services.
Community Nurse/s	Nursing	5158 0243	All week
Continence Clinic	Nursing	5158 0243	Phone for appointment
Dentist	Dental	51580 243	Friday 22 Sept Phone for appointment
Diabetes Educator	Nursing	5158 0243	Phone for an appointment
Dietician	Allied Health	5158 0243	Phone for an appointment
Flu Vaccination - *Free	Nursing	5158 0243	Call to book now
Skin Care Check	Nursing	5158 0243	September: 14th 9.00 – 12.00pm October 26 th 9.00 – 12.00pm
Maternal Health Nurse	Nursing	5158 0243	Thursday 21 Sept
NDIS (National Disability Insurance Service)	Disability	5158 0243	Call for an appointment -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	September Thursday 20 & Friday 21
Palliative Care at Home	Doctors/ Nursing Personal Care	5152 0243	All Week
Cervical 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, Wed and Friday: 8.30 am – 5 pm
Podiatrist: Dr Walker	Allied Health	5158 0243	Thursday 21 Sept and 12 th Oct
Royal Flying Doctors / Psychologist	Doctors/Psychologists/ Psychiatrists	1800 001 068	Mon to Fri 8.30 am – 5.00 pm
Speech Pathology	Allied Health	5158 0243	Call for an appointment
Social Worker	Allied Health	5158 0243	Tuesday 5/9/2023 - 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 from the 13th of September 2023

ACTIVITY	DAY	VENUE
Women's Exercise Group 	<ul style="list-style-type: none"> Monday 9.30 am – 10.30 am Thursday 9.30 am – 10.30am 	MDHSS Miva Miva Hall
Bridge Club	<ul style="list-style-type: none"> Monday 1.30 pm – 4.00pm Friday 1.30pm – 4.00pm 	MDHSS Miva Miva Dining Room
Centre based Lunch (better together) Meals on Wheels	<ul style="list-style-type: none"> Monday 12 pm – 1.00pm Thursday 12 pm – 1.00pm Delivery service 	MDHSS Miva Miva Dining Room Delivered to your home
Coffee and Trivia QUIZZ	<ul style="list-style-type: none"> Tuesday 10.00 am – 12.00pm 	MDHSS Miva Miva Dining Room
Book Club (First Tuesday of the Month)	<ul style="list-style-type: none"> Tuesday 19th September 2023 2.00pm – 4.00 pm 	MDHSS Miva 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 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
Friendship Sewing Group 	<ul style="list-style-type: none"> Thursday 1.30pm – 4pm Last Sunday of the month 10.00am – 3.00pm 	MDHSS Miva Miva Dining Room
Play Group	<ul style="list-style-type: none"> Tuesday 9.30am – 11.30am 	Outdoor Play area or Miva Miva Hall
Hairdresser / Hair Cuts 	<ul style="list-style-type: none"> Monday 18th Sept 	MDHSS rooms
APM	<ul style="list-style-type: none"> Wednesday 4th October 	MDHSS rooms
Friday Weekly Shopping and Swimming Bus – Eden, Pambula and Merimbula	<ul style="list-style-type: none"> Every Friday 8.30 am – 4.00 pm 	MDHSS Miva Miva Centre (we can collect you 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 	MDHSS Miva Miva Hall

The Healthy Living Show	• Tuesday 11.00am – 12.00pm	3MGB Community Radio 101.7 FM
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