

New SWHHS holds first meeting

The South West Hospital and Health Service (SWHHS) held its inaugural Board meeting Tuesday 24 July. The Board Chair Julia Leeds says that these are exciting times with control of health services being devolved to the region as part of the National Health Reform Agenda.

New board members, recently announced are Michael Cowley, Lyn Kajewski, Richard Moore and Karen Prentis. Michael, Lyn, Richard and Karen were welcomed to Roma Monday 23 July for a full day of Board induction and introduction to senior Hospital and Health Service (HHS) staff.

It is hoped that other nominated Board members will be approved by Cabinet and Governor in Council in time to also attend the meeting.

The Board is highly skilled with the ability to deal with the many issues confronting SWHHS.

Julia says that the central focus of the Board will be improving health outcomes for all living and working in south west Queensland. Key to this is addressing workforce issues with a concerted effort being made to attract permanent medical and nursing staff to several towns.

"The residents of the SWHHS deserve and should expect a standard of care that is comparable to that in other areas. Equitable access to healthcare is a crucial determinant of health outcomes and this is what the Board management will be working towards." The workload of management in Roma and across the HHS, during the transition phase, has been immense and Julia acknowledges and thanks them for their diligence.

"They have ensured that all systems and processes are in place to

enable the Board to commence its duties. It has not been an easy task and they are to be congratulated for their dedication and hard work."

The Board welcomes input from the community and structures will be developed to facilitate this. The South West Hospital and Health Board is here to contribute to the well-being of the community and is determined to be successful at this task.

Create a new you

With spring fast approaching, Roma residents are being offered support to achieve a balance of healthy eating, being active and reducing stress.

"Our new-look Healthy Lifestyle program may be just what you are looking for to shape up for spring and create a new you," South West Hospital and Health Service Healthy Lifestyles Program Coordinator Kathy Morrow said.

"Healthy Lifestyle is especially designed to help you achieve balance and improve your health.

"And in the new-look program of courses starting in early September, we have added some more practical activities in nutrition, physical activity and relaxation.

Ms Morrow said Healthy Lifestyle was a group-based support program delivered by trained facilitators.

"Healthy Lifestyle does not focus on dieting or scales, but emphasises making healthy and enjoyable food choices, being physically active by discovering fun ways to exercise, setting realistic goals, increasing self esteem and managing stress," she said.

"The 10-week program aims to motivate people to make healthy lifestyle changes and show them practical ways to live a healthier life.

"We cover a range of topics and practical activities including reading food labels, cooking, increasing everyday movement and exercise, modifying recipes, feeling good about yourself, stress management, and recognising trigger factors and changing behaviours.

"Participants are provided with information, knowledge and skills to help them set and achieve goals for long-term good health."

Ms Morrow said Roma residents could join either of two Healthy Lifestyle programs being offered in early September and were also encouraged to interchange between the two programs.

The two programs will start on:

- Tuesday, 4 September, from 5.30pm
- Friday, 7 September, from 10am

Both programs initially will be held at the Nuriyn Wellness Centre, Roma Hospital Campus, in McDowall St.

"Healthy Lifestyle is not a 'diet' to follow, nor is it about counting kilojoules, but it will teach participants to enjoy healthy food, discover fun ways to exercise, overcome problems and set goals and feel better about yourself," Ms Morrow said.

Participants must register for the course. Please contact Kathy Morrow on 4624 2596/4624 2719 or mobile 0407 153 052 for more information or to register.

Create a new you!

With spring fast approaching would you like to achieve a balance of healthy eating, being active and reducing stress.

Our new Healthy Lifestyle program maybe what you are looking for.

The 10 week program has more practical activities in nutrition, physical activity and relaxation. It is a group based program that focuses on supporting participants in making and enjoying healthy food choices, being physically active by discovering fun ways to exercise, setting realistic goals, increasing self esteem and managing stress thus feeling better about yourself.

The sessions will take place over a seven week period.

Programs start: Tuesday, 4th September 5.30pm
Friday, 7th September 10.00am

Cost: free (sponsored by Be Healthy Maranoa)

Registration is essential

For further information and to register contact

Kathy Morrow on 0407 153 052 / 46242719
Or

Nerida Caden on 0408 153 749 / 46242719



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