

Time for a heads-up on a few things... and some requests for help (thank you!)

### Care Finder Service

Tina Farrimond will be at the Rec Club between 9am and noon on the **first Thursday of each month** (starting September) to help people navigate My Aged Care system and find the right supports. In the afternoon of that Thursday she can do house calls as needed.

You can walk in on the day, or contact Tina on **0408 502 474** for more information.

### Health Survey

We're gearing up for a comprehensive full-island health survey – one survey form for each person. This is an anonymous survey geared to finding the health needs on the island so we can target missing services and argue the case for service providers to set up here.

**We are looking for helpers** to drop surveys in each letterbox on island – the survey will be ready in time for the Pirate markets (17<sup>th</sup> September) and we will be distributing forms all over the island in the following week. Please contact Russell (details below) if you can help out.

We want surveys returned by 3<sup>rd</sup> week October, and we aim to process the results by end of October.

### Melbourne Cup Luncheon

Save the date!

To raise awareness and funds, the Health Hub has decided to host a **Melbourne Cup luncheon at Oasis on 7<sup>th</sup> November** – with help from Heather Cooper (organiser), Gail Webb (Fashion parade), Jane Beatty (ticket sales)... and hopefully some other helpers coming forward (sweepstakes, logistics, sound system setup, preparing the venue, greeters, and others).

We're working on pricing but you can still **reserve seats** by calling Jane on **0419 744 962**.

To offer any other help, **please let Russell know if you are keen to help with anything Melbourne Cup related**.

### While we're asking for help...

There's a few members without email who are missing out on these updates. Again please let Russell know if you may be interested in dropping hard copy updates in letterboxes.



Thank you,

On behalf of our committee

Russell Austerberry (secretary, Coochiemudlo Island Health Hub)

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