

## **GYM USAGE RULES**

The gym is open to all members of the public from 7 am to 8.30 pm except during scheduled class times.

A gym awareness session must take place prior to using the gym. (Book with Administration.)

Entry to the gym is via the facility's Main Entrance.

Two people must be in attendance at all times.

Payment of \$4 per hour is to be made in the slot located in the RPHS Co-ordinator's office door [on the left down the passageway coming from the gym].

No children under the age of 16 are permitted to use the equipment without appropriate referral.

No children are permitted near the exercise equipment.

Please respect the equipment as it is very expensive to repair or replace. Note any faults in book provided.



## **COBDEN DISTRICT HEALTH SERVICES INC.**

(Reg. No: A0011494E)

### **ADMINISTRATION HOURS**

**9.00 AM—5.00 PM MONDAY TO FRIDAY**

**PH: 5595 3100**

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### **EMERGENCY STABILISATION DEPARTMENT 24 HOUR / 7 DAY A WEEK SERVICE**

**PH: 5595 3100**

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**LOVELY BANKS      HEYTESBURY LODGE**

**PH: (03) 5595 3132      PH: (03) 5595 3155**



Brochure Last Updated: 12/10/2011



Cobden District Health Services provides a variety of services for the communities of Cobden and district.

**Motto: "Let's Beat It—Not Treat It".**

Mission: "To achieve excellence in the promotion of health and in the provision of aged care and emergency services to the community of Cobden and District."

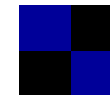
**5 Victoria Street**

**Cobden, Vic. 3266**

**Phone: (03) 5595 3100**

**Fax: (03) 5595 3177**

**www.cdhs.com.au**





### Rural Primary Health Services

Youth Worker/Counsellor  
Rural Primary Health Services'  
Schools Program  
Dietician  
Speech Pathologist  
Generalist Counsellor  
Physiotherapist  
Podiatrist  
Podiatry Assistant  
Occupational Therapist  
Masseur & Masseuse Services  
Exercise Classes [including chair  
based and Men's classes, Boxing,  
Fitball, Boot Camp (indoor/outdoor),  
Spin Bike Classes  
Gym (for personal use)  
Men's Shed Program

### Rodney Grove Community Aquatic Centre

12x8 Warm Water Pool for various  
exercise and Learn to Swim  
programs.  
2 Swim Spas [swim against current].

### Community Services

Emergency Stabilisation Department  
[Available 24 hours, 7 days a week]  
Palliative Care bed  
Centrelink  
Cobden Art Group  
Internet Café  
Video Conferencing facilities [participating VISIP site]  
Family Day Care Centre / Cobden Play Group  
Community Health Nurse Services [via Timboon &  
District Healthcare Service (TDHS)]  
- Health Education  
- Kindergartens/schools and older person  
Health Programs  
- Health Assessment referrals  
- Support Groups [GLASS-Grief, Loss and  
Suicide Support; Diabetes; Asthma; Palliative  
Care/Cancer, WELTS [Women Enjoying Life  
Together]  
Womens Health Resources Program [via TDHS]  
Diabetic Educator [via TDHS]  
Continence Nurse Consultant [via TDHS]  
Adult Education Courses [various providers]  
Meals on Wheels [upon referral only]  
Dental Prosthetist  
Charity Shop [located at Curdie Street, Cobden]

### Community Services (Cont'd)

Scooter Recharge Site  
St Lawrence Employment Services

### Aged Care

Lovely Banks Nursing Home [30 High  
Care beds]  
Heytesbury Lodge Hostel [30 Low Care  
beds including 1 Respite bed and 12  
secure Dementia beds.]  
Respite: 1 Low Care Bed - [via Barwon  
Health Carer Respite & Carelink Services  
ph: 03 5564 6050 ]

### Community Aged Care Packages

Cobden and surrounding District  
(15 CACPs Packages)  
Cobden-Mortlake Area (Alliance with  
Abbeyfield Society (Mortlake) Inc)  
(15 CACPs Packages)

### Extended Aged Care at Home Packages

Cobden-Mortlake Area (Alliance with  
Abbeyfield Society (Mortlake) Inc)  
(5 EACH Packages)

### Rental Accommodation for Seniors

Tandarook House

