

Aged & Disability Services  
HACC & CHSP NEWSLETTER – NOVEMBER 2017

www.wangaratta.vic.gov.au  
Ph: (03) 5722 0790



**GATEWAY HEALTH –  
PROGRAMS FOR MEN**

Men Cooking It Up

Has your situation changed and now you need to cook for yourself or for loved ones?

Would you like to learn to cook and socialise at the same time?

Gateway Health are seeking expressions of interest from men who would like to join a cooking group. It might be to build cooking skills, learn how to eat better or simply to “hang out with mates”.

If you are interested, please call Gateway Health on **5723 2000**.

**Below the Belt  
Bladder health for MEN**

Bladder weakness is NOT a normal part of ageing and it is TREATABLE.

Assistance can be provided :-

- To understand and manage bladder & bowel issues
- To learn pelvic floor exercises followed by a pelvic floor scan after the program
- To understand the role of your prostate & the issues it can present.

The next program will start on:-  
Tuesday 28 November 3pm-5.30pm  
Tuesday 5 December 3pm-5.30pm  
Call Gateway Health on **5723 2082** if you are interested in attending a Bladder Health Program for MEN only.

**PROTECT YOURSELF FROM  
THUNDERSTORM ASTHMA**

Grass pollen season brings a seasonal increase in asthma and hay fever. It also brings the chance of epidemic thunderstorm asthma.

Epidemic thunderstorms don't happen every year but when they do, they can happen during grass pollen season, which is normally from October to December.

Protect yourself from Thunderstorm Asthma.

1. Speak to your doctor or pharmacist about what you can do to protect yourself this pollen season.
2. Learn the 4 steps of asthma first aid.
3. Be aware of thunderstorm asthma forecasts during pollen season.

If you have further questions on thunderstorm asthma please call 1300 761 874.

***Early Reminder – Changes to services over Christmas/New Year***

Our office will close 3pm Friday 22<sup>nd</sup> December 2017 & reopen 8.30am Tuesday 2<sup>nd</sup> January 2018.

During this period ONLY hygiene and some shopping support will occur. We would appreciate early notification if you will NOT be needing eligible services during the above period –

**5722 0790**