



# yackandandah health

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## Newsletter

### LITTLE YACKS CHILDCARE CENTRE

The Yackandandah community has again been proactive in finding creative and innovative solutions to local challenges. With support from parents and the broader Yackandandah community, Yackandandah Health opened Little Yacks Childcare on 11 December. Little Yacks is located in a section of the old Yackandandah Bush Nursing Hospital that has been re-purposed to suit the needs of children aged 0-5.

The opening of Little Yacks is the culmination of planning during the year and a late push to open earlier than planned after the current operators closed their service on December 7<sup>th</sup>. During November and December, working bees were held on each weekend with parents, volunteers and staff from Yackandandah Health coming together to get the building and service ready. The opening would not have been possible without the huge amount of support received from the Yackandandah Men's Shed, our Committee of Management and husband's and relatives of staff who worked hard to make the verandah safe and the rooms and garden spaces ready. Additional rooms to cater for babies will be ready in January.

The centre is open Monday to Friday, 7.30 am to 6.00 pm. Michaela Rouch, Little Yacks Manager, has put together a staff group with a variety of skills and experiences to share with the children. Music, languages, different cultures and stories of travels will be included in the education plan. In the coming months, Little Yacks will work with the elders living in residential aged care to create a multigenerational program that will provide spontaneous and fun interactions between the two age groups. The animal care sanctuary will open in 2019 and be accessible to the whole community and add to the Little Yacks service.



little yacks  
childcare centre

### ANNUAL GENERAL MEETING

The Annual General meeting was held on November 29<sup>th</sup> in the Senior Citizens Hall. The Committee of Management (COM) presented the membership with the results of another successful year. Our thanks to the COM who work behind the scenes to ensure the organisation is well managed and successful.

The COM farewelled Shirley Kirk Sheehan who has retired from the Committee.

Following the formalities, Chris Gilbert and John Kaitler from by Archier Pty Limited Architects presented our revised Master Plan which is an exciting view for the future. Tijana Simic followed with a presentation that explained the Care Sanctuary which has been supported by the Pick My Project grant program. The project will be progressed during 2019 and will add another dimension to our service.

The [2017/2018 Annual Report](#) is available now our website.

## COMMUNITY CELEBRATION

What a weekend the 9<sup>th</sup> and 10<sup>th</sup> of November was! We kicked off the weekend with Jackie French presenting a lively discussion in the Yackandandah Hall on Friday morning, where children from local schools joined other community members to create a story. By leading an example of storytelling, Jackie showed us how we can all write a story – not necessarily to publish. Everyone has a story to tell and everyone can tell a story. She encouraged the audience to write their memoirs, write letters or write a diary.

Our forum on Friday afternoon commenced a discussion on 'Aging Well: Innovations from Around the World'. Dr Jane Barratt, Secretary General of the International Federation on Aging delivered a thought-provoking presentation that explored how countries from around the world were tackling the challenges that an aging population presents. She shared innovative programs from both a community and government level – ideas that we can consider in our community.

It was reassuring to hear Jane endorse the Yackandandah Model of Care that we have been developing over the last couple of years. We are developing a world practice model that is worth sharing. Jane's presentation was followed by a panel discussion where the audience was invited to ask questions. The panel guests included:

- Dr Jane Barratt, Secretary General of the International Federation on Aging
- Jackie French, author and 2015 Senior Australian of the Year
- Dr Helen Haines, the Senior Research Fellow and Director, Rural Health Academic Network
- Cr Jenny O'Connor, Indigo Shire Mayor
- Cathy McGowan, Federal Member for Indi.

Jane joined us on Saturday for the Community Celebration and opened our new building. We will continue our relationship with Jane as we further develop our model and our services.



Saturday was all about the Yackandandah community. We planned the day to be fun with something for all ages. Feedback has been overwhelmingly positive. Many locals enjoyed the food, market stalls, education sessions and entertainment. Costa from Gardening Australia was a hit with all ages. He stayed all day, talking to everyone, sharing his gardening knowledge and getting involved in everything that was happening. The Men's Shed were busy making toys with the children – nearly every child went home with a toy they made themselves. The CFA turned the sirens on and squirted water, giving the kids a balloon and a close up look at the fire truck.

Yackandandah Health would like to thank everyone that made our recent celebration possible and all those who supported the event. Firstly, to JWP Architects for the design of our new building and to Joss Constructions and their team of trades people for delivering such a stunning home for future residents.

Our thanks to Dr Jane Barratt, Secretary General of the International Federation on Ageing (Canada), who officially opened the building. Tours of the new building ran all day and were a popular attraction. Thanks to our staff who volunteered to run the tours and explain the key features.

The Community Celebration would not have been the success it was without the voluntary involvement of so many community groups. We would like to thank all those from community groups for agreeing to offer an activity, stall or support us in some other way. It meant there really was something for every age-group and lots of interaction between people of all ages. It delivered on the aim of having our community interacting on the site, reinforced what community ownership means and demonstrated the generosity and spirit in our town.

Thank you to all the volunteers who helped prepare, set-up and pack-up on the day – it was a big contribution.

We would also like to thank our guests – Jackie French, Costa Georgiadis, Pete Denahy, Elk and the Society Sisters – they had lots of energy and added to the enjoyment of the day. Finally, we would like to thank our sponsors for their support; WAW Credit Union, Joss Constructions, YCD Co and Indigo Shire Council.



## YACKANDANDAH HEALTH MASTERPLAN 2018-2038

Key components to the Master Plan are:

**CHILDCARE AND PLAYGROUND** - one section of the original hospital will be refurbished as a Childcare Centre for 66 children with a nature-based playground facing Racecourse Road.

**ALLIED HEALTH AND GYM** - the front part of the original hospital will be refurbished for allied health and a gym. The entrance from Isaac Avenue will be reinstated.

**VILLAGE HUB** - a new two-storey building is introduced, with a cafe, corner shop, lending library and reception serving both the village and the broader community. A double height atrium space will provide covered outdoor seating. Offices and meeting rooms will be on the first floor.

**PEDESTRIAN CONNECTION TO PARK** - given the location of the nearby childcare centre, kindergarten and aged care facility, the speed limit must be reduced to 50 km/h to protect vulnerable road users. This allows for the introduction of a pedestrian crossing connecting pedestrians to the park, and path into town (a 500m walk).

**VILLAGE SQUARE** - a new central courtyard will be created through removing dining and kitchen facilities. This becomes a major destination for the village and the broader community, allowing residents and children to interact.

**AGED CARE REFURBISHMENT** - existing aged care facilities will be refurbished to bring them up to contemporary specifications, increasing the amount of space per resident and improving the connections to outside.

**MEDICAL CENTRE** - a new medical centre is introduced, with a glazed walkway connecting between the village hub and acute unit.

**ACUTE SERVICES UNIT** - in the long term, an acute services unit will be reintroduced, drawing on Yackandandah's history of the Bush Nursing Service Hospital.

**HIGH CARE WING** - a new residential wing will be introduced for those in need of high care. It will be secure and have covered pick-up and drop-off for ambulances.

**ROOFTOP GARDEN AND CAR PARK** - working with the topography, a new elevated deck will be introduced, with productive gardens, fruit trees, chickens, and a pavilion, providing a place to gather. Car parking and water tanks will be hidden underneath.

**CARE SANCTUARY** - given the rural location, many former residents have a farming background. Older and younger visitors can meet and look after sheep, goats and cows in the hobby farm. This stage will be realised in 2019.

## YACKANDANDAH HEALTH MEDICAL CENTRE

Staff in our Medical Centre Staff have worked toward accreditation over recent months. The site visit has taken place and we look forward to a positive result. Accreditation acknowledges a practice's dedication to delivering high quality care and safety to their patients and reflects a practice's commitment to continuous quality improvements - via systems, processes, policies, culture, risk management and staff training.

You can book your appointment at our Medical Centre by phone - 02 6028 0130 Online at [YH Medical Centre](#), or download the HotDoc app to your device.

## INTRODUCING OUR NEW MIDWIFE SERVICE

Welcome Louise Thornton Midwife at Yackandandah Health Medical Centre.

Louise will be at the Medical Centre one day a fortnight to offer antenatal care to women of Yackandandah and surrounds. She feels privileged by this new opportunity to implement Maternity Services and intends to create a friendly and professional care model to women and their families well in to the future.



Louise Thornton

## VOLUNTEERS

Our Volunteers are an amazing group of people who generously give their time, talents and energy to support our residents and staff. At our Volunteers Christmas Lunch, we recognised the wonderful contribution made by our Volunteers and took the opportunity to say a big THANK YOU.

Some of the activities our volunteers are involved in include Yack Cafe and the Resident's Shop, gardening and garden walks, visits, music, choir, pastoral care, cooking and fund raising. Members of the community are always welcome to join our Volunteers - if you have a special skill or interest to share, or can put aside a regular time to join us, please get in touch.



In 2019, our Ladies Auxiliary will be finishing up. For many years we have relied on this wonderful group of women to raise funds and support our events. Whilst the ladies are irreplaceable, we will need to develop a new fund-raising group to work toward the many exciting projects we have yet to complete. If you are interested in discussing fundraising for Yack Health, please give us a call.

## CHRISTMAS CELEBRATIONS

On the last day of Little Yacks for 2018, Michaela and staff accompanied the children to the Hostel to sing some Christmas carols and share the Christmas story with the resident's choir - Rickety Ramblers Rainbow Choir. This was the first of what we hope will be many fun outings where Little Yacks and our older Yacks get together. The intergenerational program was a key driver in the creation of Little Yacks and we will be exploring many different opportunities in 2019, where the two ages can mingle, learn from each other and have fun.

2018 has been a very busy and fruitful year. Of the many highlights, the opening of our new building and Little Yacks are standouts.

We take this opportunity to thank you all for your support during the last 12 months and look forward to 2019 with excitement for the future of our organisation.

