

November 2020



Community Advisory Network (CAN)



As a Multipurpose Health Service (MPHS), we provide a large range of health services, not only at the Julia Creek Hospital, but also in the community. We also support a number of visiting and telehealth services.

In order to deliver the best health service that we can, it is essential that we have community involvement, support and active community participation in the planning of services and health care in our shire.

Our Community Advisory Network (CAN) is the forum to achieve this.

The CAN is a community group, chaired by a community member.

CAN meetings are attended by North West Hospital Health Service (NWHHS) executive, McKinlay Shire council representatives and health services providers and is open to all community members – teleconference and videoconference is available.

Community members are encouraged to represent their community and advise on the needs and the range of activities and services that they feel would benefit the health of our community.

CAN meetings are held 3 monthly, at the Julia Creek Hospital. Gina Harrington is the Chair of the CAN and can be contacted on gina.harrington@outlook.com or by phoning on 47468769. If you are unable to attend or would just like to have your say, please feel free to contact Gina or another member of the CAN.

**The next CAN meeting
will be held on Thursday 3 December at 10:30am**

All community members are welcome. Due to COVID restrictions only a small number of members are able to attend in person. Teleconference is available, contact Gina for details

**Child Health / Midwife
Service**

Next visit: 3 December 2020

Returning: 11 January 2021

Optometrist

**14 December 2020 is
fully booked**

**Ph: MPHS on 47464000
To be placed on waiting list
for 2021**

A SIMPLE CHECK COULD SAVE YOUR LIFE

Checking your skin regularly for skin cancers could save your life. Look for spots that are new or have changed in colour, size or shape, or non-healing sores.

Show your doctor if you notice anything unusual. Skin cancers are best treated when found early. There are three main types of skin cancer to look for:

Basal Cell Carcinoma (BCC)



- Appears as a lump or scaly area that is either red, pale or pearly in colour.
- May bleed or form an ulcer or non-healing sore.
- Grows slowly and is usually found on the head, neck or upper torso.

Squamous Cell Carcinoma (SCC)

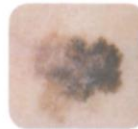


- Appears as a thickened, red scaly spot that may bleed easily.
- May form an ulcer or non-healing sore.
- Grows over a period of months on sun exposed areas.
- If untreated can spread to other parts of body.

Melanoma

- If untreated can spread to other parts of the body and may cause death.
- Grows quickly over weeks to months.
- Can grow anywhere on the body, not just skin exposed to the sun.

Use the ABCDE of melanoma detection to check skin spots for:



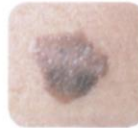
Asymmetry

If the spot or lesion is divided in half, the two halves are not a mirror image.



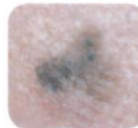
Border

A spot or lesion with a spreading or irregular edge.



Colour

A spot or lesion with a number of different colours through it.



Diameter

The spot or lesion is usually greater than 6 mm across.



Evolving

The spot or lesion changes over time.

Remember – show your doctor if you notice anything unusual.

For more information call Cancer Council WA on 13 11 20 or visit www.cancerwa.asn.au



Julia Creek MPHS - Emergency Department
open 24HRS PH: 47464000