

## Hospital supports breast cancer patients locally

BASS Coast Health is helping breast cancer patients through the challenge by offering a comprehensive care service.

Patients can receive a full suite of medical care locally, from consultations through to surgery and chemotherapy.

This convenient service enables patients, and their families and carers, to focus on recovery and wellbeing, rather than the stress, exhaustion and cost of having to travel further afield for medical consultations and treatment.

Bass Coast Health's (BCH) partnership with Alfred Health enables patients to see leading oncologists from Alfred Health at Wonthaggi Hospital and undergo surgery in the new state-of-the-art hospital.

Patients can also receive chemotherapy at the L Rigby Centre, a dedicated cancer and infusion facility at Wonthaggi Hospital that is full of natural light and wonderful staff.

With October being Breast Cancer Awareness Month, it's timely to highlight that breast cancer is the most commonly diagnosed cancer in Australia for women, with approximately 50 breast cancer cases in Bass Coast shire each year.

It's estimated 57 people will be diagnosed with breast cancer every day this year.

BCH CEO Jan Child highlights that more than 20,000 people are expected to be diagnosed with breast cancer in Australia this year, including more than 200 men.

"As the sub-regional health service for Bass Coast and South Gippsland shires, Bass Coast Health takes pride in being able to deliver as many services as possible to our community," she said.

"We've grown our breast cancer surgical team to include Dr Chandika Wewelwala, who now complements our existing surgeon Dr Sarah Birks in offering specialised breast cancer surgery at Wonthaggi Hospital."

BCH is also fortunate to have the services of McGrath Breast Care Nurse Taryn Robinson, funded by the McGrath Foundation.

She provides free physical, psychological and emotional support to her clients affected by breast cancer and their families.

Taryn has more than 20 years of experience working in oncology, has specialist breast care nurse training, a Post Graduate Diploma in Cancer Care and a Masters in Advanced Nursing Practice.

"As a McGrath Breast Care Nurse, I am able to advocate for patients during what is an incredibly stressful and overwhelming period in their lives," she said.

The team at BCH includes breast surgeons Dr Sarah Birks and Dr Chandika Wewelwala, medical oncologists, a radiation oncologist, Lymphedema Physiotherapist Michelle McMahon, other Allied Health professionals and the L Rigby team.

Wonthaggi Hospital also has breast screening by Breast Screen Victoria onsite.

Taryn's services are free and can be accessed through self-referral - without a doctor's referral.

Taryn can be contacted on taryn.robinson@basscoasthealth.org.au or 0417 552 327. For more information, see mcgrath-foundation.com.au.

# Hospital fete celebrates community



Bass Coast Health Ladies Auxiliary member Wendy Martin sells plants to Angela Favretto.

ALL the fun of the fair came to Wonthaggi Hospital when Bass Coast Ladies Auxiliary held its annual fete on Saturday, October 14.

The event transformed Stirton Room into a hub of festivity, with people of all ages lured by the promise of being able to buy all their fete goodies while supporting Bass Coast Health (BCH), their sub-regional health service.

The fete included Devonshire teas, jams, baked goods, a sausage sizzle, white elephant stall, raffles, knitted goods, a coffee van, hot potatoes and a plant stall.

BCH CEO Jan Child was grateful for the hard-working volunteers of the BCH Ladies Auxiliary, whose extensive preparations and efforts on the day resulted in a successful event.

"This fete raised much needed funds for the community's sub-regional health service and helped us to continue to provide a greater range of healthcare to our community close to their homes," she said.

## Plan for Inverloch independent living skills program gathers steam

By Sarah Patterson

BEING the parent of a special needs child can sometimes feel like you've got your face pressed up against a glass partition, always on the outside looking in.

There can be a sense of wonder, envy and yes - sometimes despair - as other kids hit their milestones, score part time jobs at Maccas, get their L Plates, then their P Plates, then venture out into the big wide world.

Enter Marlene Hoff.

Marlene believes young people with a disability should be given as many opportunities as possible to live independently in their community.

With that goal in mind, the chef, hospitality trainer, cooking school owner and teacher is keen to set up a program teaching Independent Living Skills (ILS) in Inverloch. And she's hoping that local businesses and residents will get on board.

"I know there are many people who live with a disability within the Bass Coast and South Gippsland shires," says Marlene.

"I think Inverloch being a tourist location and also its



Marlene Hoff believes young people with a disability should be given as many opportunities as possible to live independently in their community.

proximity to Wonthaggi might encourage both locals and tourists to get involved."

Marlene herself has no lived experience of having a family member with a disability. But she thinks that's probably why she came to work in the sector with no preconceived ideas or expectations.

And in her experience, they are some of the best and most dedicated workers you'll find.

When chatting to Marlene over a coffee in the main street of



Chef, hospitality trainer, cooking school owner and teacher, Marlene Hoff is keen to set up a program teaching Independent Living Skills (ILS) in Inverloch.

Inverloch, her enthusiasm and determination to make meaningful change shines through.

Put simply, she gets it.

In 2013, Marlene's passion to set up her own business and spread the word about local, sustainable and ethical food and wine led her to establish 100 Mile Foodie.

The Somerville-based café, catering business and cooking school is an NDIS provider, supporting and encouraging people living with a disability

to develop independent living skills.

Participants take part in food preparation and meal planning, all whilst experiencing new flavours, new recipes - and the sheer enjoyment of food.

The positive outcomes are endless: social participation, meeting new people, improving communication skills, trying new things - all in a fun and supported environment.

Now, Marlene's vision is to run a similar program in the local area.

"Inverloch has many locations which I can approach to run the ILS program in and maybe even engage locals to work or volunteer in the program, which would be great.

"The collaborations that could be made with local business could mean the participants have more opportunities over the summer period for supported employment, which would be wonderful."

If you think you can help in any way, contact Marlene on 0432 274 907 or at marlene@100milefoodie.com.au



*Bena Hall*

# ART SHOW

"A Celebration of Creativity"

## Opening Night

### FRIDAY, NOVEMBER 3 | 7 - 9.30pm

Bena Community Hall | 41 Main Road

Complimentary Drinks and Savouries | \$15 per person  
Book at: <https://www.trybooking.com/events/landing/1123550>

Saturday, November 4 and Sunday, November 5 - Open from 10am-3pm

## Coronet Bay

# FUN RUN/WALK

## Sunday November 5, 2023

Fred Gration Reserve - Bantering Bay Road  
Registrations from 9am  
OR book online at [trybooking.com/events/landing/1102454](https://www.trybooking.com/events/landing/1102454)

Adults \$15 15 years and over	Children \$10 14 years and under	Family \$40 2 Adults 2 Children
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Registrations 9am Race starts 10:30am  
For further details search online for our website  
**Coronet Bay Fun Run/Walk**  
or contact Ian on 0427 553 755