

Your Health Matters

Health Programs, Groups and Activities



**Knox Community
Health Service**

*Working together -
a healthy partnership*

Services provided by Knox Community Health Service

- Cardiac Program
- Child Psychology
- Counselling
- Dental Services
- Diabetes Program
- Dietitian
- Family Support Services
- Health Promotion Programs & Activities
- Occupational Therapy (OT) for Adults
- Paediatric OT
- Physiotherapy
- Podiatry
- Social Work
- Speech Pathology
- Youth Health & Counselling
- Youth Services

Eligibility Criteria may apply to services

membership is free

Interpreting Services Available

Please ask when making
an appointment

中文

Ελληνικά

Italiano

A Physiotherapy assessment is required **before** participation in any exercise group – a fee applies. Book an appointment on 9757 6200

Hydrotherapy

Hydrotherapy is exercise in warm water. This is especially suitable for the management of arthritis and musculoskeletal injuries. Three groups operate catering for different needs.

Tuesday 9:00am - 10:00am **Wantirna**
Tuesday 11:00am - 12:00pm **Boronia**
Thursday 2:00pm - 3:00pm **Wantirna**

\$6 per session. A waiting list may apply.

Tai-Chi for Arthritis

A gentle and slow exercise of the body and mind that improves overall fitness and promotes relaxation. The 12 movement set is based on the Sun style and incorporates Qigong breathing exercises. Tai Chi has proven benefits for reducing pain whilst increasing strength and joint flexibility.

It is taught over four terms on Thursday afternoons. New groups start every school term.

KCHS Shire Hall

\$6 per session. Tea & Coffee provided.

ACE (Active Chair based Exercise)

For people with a chronic condition this weekly program involves a combination of gentle exercise to music, low level strength training, relaxation and activities promoting physical mobility and independence.

Three different groups are run:

Monday 10:30am - 12:30pm
Monday 1:45pm - 3:45pm
Thursday 10:30am - 12:30pm

KCHS Shire Hall

\$6 per session. Tea & Coffee provided.

Knox Diabetes / Cardiac Lifestyle Exercise Program

A healthy lifestyle is proven to reduce risks of heart and diabetes related illness. This supervised circuit exercise program aims to maintain and improve your heart health and general fitness.

Friday 11:00am - 12:00pm

KCHS Courthouse Venue

\$6 per session. Tea & Coffee provided.

Tai Chi for Diabetes

Tai Chi for Diabetes is especially suited for those who have been newly diagnosed or recently commenced on medication and are wishing to include regular exercise as part of their diabetes management. Also suitable for those not currently exercising. It is a gentle and progressive program which runs for 2 terms. On completion participants can continue with a Tai Chi style of their choice in the community.

Friday 9:30am - 10:45am

KCHS Shire Hall

\$6 per session. Tea & Coffee provided.

STILL Strong Strength Training in Later Life

Strength training provides improvement in muscle strength, bone density, balance and flexibility, and has associated benefits in stress reduction, weight control and falls prevention.

This twice weekly introductory program runs for 8 weeks every term. It is for people 60 years of age or more who are unfamiliar with the gym setting, and have a chronic health condition. Sessions include education about safe strength training.

Monday and Wednesday 1:00pm - 2:30pm

Knox Leisure Works

\$6 per session.

SAFEmoves

An exercise and education program to keep you safe on your feet. Suitable for those who have had a fall as well as those who wish to prevent having one. Learn exercises to improve your balance and maintain your independence.

Wednesday 1:00pm - 3:00pm

KCHS Courthouse Venue

\$6 per session. Tea & Coffee provided.

more activities overpage

Keep Active

A gentle exercise to music program for people with chronic musculoskeletal or neurological conditions or people with poor balance.

Thursday 1:30pm - 2:45pm

KCHS Courthouse Venue

\$6 per session. Tea & Coffee provided.

1, 2, 3 Magic

KCHS is delivering a skills and information focussed parenting program. The program will focus on effective behaviour management techniques for children aged 2 to 12 and will be facilitated by Family Support Workers and Counsellors from KCHS. Videos and a range of other resources will be used during the sessions to aid the learning techniques.

Thursday 24 & 31 May 10:00am - 12:30pm

KCHS Shire Hall

Bookings essential

\$6 per session. Tea and Coffee provided.

Post Natal Depression Support group

This group focuses on understanding PND and learning practical skills and coping mechanisms for women with post-natal depression. It will also involve sharing of ideas and offer opportunities to express experiences. Using the Lynne Little model, the structured PND treatment group is facilitated by a Health Practitioners from Knox Community Health Service and Maternal Child Health. Enquiries welcome, contact KCHS Intake worker for more information.

Monday 23 April - 18 June

10:30am - 12noon, 8 week course

276 Wantirna Road, Wantirna

No Charge.

Limited child minding available.

Best Foot Forward

Best Foot Forward is an interactive session designed to provide education and empower people to care for their own feet and to provide information on when podiatric intervention is necessary.

KCHS Shire Hall

Sessions are \$6. Book Now!

Women's Anger Management Course

Based on Women's Health East model. Designed especially for women, KCHS is offering a 6 week course. You will have the opportunity to explore your own anger, learn positive strategies to manage feelings and have some fun in a confidential group. The topics covered will include:

- Understanding anger
- Focussing on feelings
- First families
- What others tell us
- What we tell ourselves
- The Challenge of change

3 May - 7 June - 9:30am - 12:30pm

for 6 sessions

KCHS Courthouse Venue

\$6 per person.

Relaxation Training

Progressive muscle tense and release exercise to let go of physical and emotional tensions.

Tuesday 3 May 2007 9:30am - 10:30am

KCHS Courthouse Venue

\$6 per person

Family Violence Group

This new 9 week education program for women is starting on Tuesday the 1st of May.

The program provides basic family violence information and core life skills. Issues covered include defining family violence, understanding the cycle of violence, emotional abuse and counteracting the effects of this abuse; assertive communication, improving self esteem and self care; understanding grief; understanding the effects of abuse on children and anger management strategies.

The group is "closed" to all new members after the second week of the program to enable a sense of emotional safety and group cohesiveness to occur.

Tuesday 1 May 9:30am - 11:30am, 9 week course

KCHS Courthouse Venue

No Cost.

For further information contact Deborah Bodsworth 9757 6290.

Cautious with Cannabis

A 2 hour educational program for those concerned about cannabis use. Topics covered:

- What is cannabis?
- Cannabis effects and the potential for harm
- Harm minimisation and how to make change
- What support and treatment is available?
- New drug testing laws

Held every 3rd Tuesday

Tuesday 17 April 2007 2:00pm - 4:00pm

Tuesday 15 May 2007 2:00pm - 4:00pm

Tuesday 19 June 2007 2:00pm - 4:00pm

KCHS Shire Hall

No charge.

Quit Smoking Program

You will be taught strategies to help you through withdrawal and nicotine cravings and help you to cope in situations where you might be tempted to smoke.

4 Sessions

Tuesdays 1 May, 8 May, 15 May, 22 May

5:00pm - 6:00pm

KCHS Shire Hall

\$6 per person.

Better Health Self Management Course

LIVING WITH LONG TERM CONDITIONS

A six week program designed by Stanford University for people with long term health conditions such as arthritis, diabetes, heart disease and emphysema. Living with a long term health condition involves more than medical management. People also have to deal with the every day demands of life, and all the physical, social and emotional impacts of their illness.

The course aims to assist people with long term health conditions (as well as their family members/carers) live as well as possible. The presentations and group discussions focus on developing skills, strategies, and understanding, to better manage life with a long term condition.

20 April - 25 May Fridays from

10:00am - 12noon, 6 x 2 hour sessions

KCHS Courthouse Venue

\$6 per session. Bookings are essential!

Family members / carers welcome

Current Programs

Bookings are necessary for all programs contact 9757 6200

Knox Diabetes / Cardiovascular Prevention Programs

This program provides education, information and support to people who have been recently diagnosed with diabetes or cardiovascular disease or for those who need a refresher or ongoing management. No referral is required to access the program however feedback will be provided to your GP from consultations with the Nurse Educator and Dietitian. As part of this low-cost program a 'Lifestyle Exercise' group is available. A group session is also conducted for recently diagnosed Type 2 or Pre-Diabetes clients.

Contact KCHS Intake Service for more information.

Healthy Living with Diabetes

The Outer East Diabetes Support Group meets at The KCHS Courthouse Venue on the 2nd Tuesday of each month at 10:30am – 12:00pm and an Evening group meets the 3rd Tuesday of the month at 7:30pm – 9:00pm. The group often invites guest speakers, and includes people of all ages with both Type 1 and Type 2 diabetes.

For further information please phone Irene Richardson on 9763 5327

Supermarket Tour

"Low fat", "no added sugar", "cholesterol free": what do they REALLY mean for you as a consumer? Want to read food labels in supermarkets smarter and quicker, and with less stress? Come and join the supermarket tour conducted by our Dietitian. Useful for healthy eating as well as managing diabetes/heart health.

Session available monthly

Monday 16 April 2007 10:00am - 12:00pm

Monday 7 May 2007 10:00am - 12:00pm

Tuesday 12 June 2007 10:00am - 12:00pm

KCHS Shire Hall

\$6 per person (carer free). Bookings essential!

COOK Program

Knox Community Health Service in Partnership with Knox City Council proudly present their exciting new initiative The COOK Program. Learn how to give your child the best start to life and provide nourishing and affordable meals for the entire family!

The program is run by an Accredited Practising Dietitian over four FREE 2 hour sessions over a period of 4 weeks.

For Expressions of Interest Please Contact: COOK Project Officer Simone Roberts, Accredited Practising Dietitian 9757 6259

simone.roberts@kchs.org.au

Tuesday 10:00am - 12:00pm
17 April - 8 May, 15 May - 5 June
KCHS Courthouse Venue

Dose Adjustment for Normal Eating (DAFNE)



A COURSE FOR PEOPLE WITH TYPE 1 DIABETES

DAFNE is a five day training courses to assist people with Type 1 Diabetes eat the foods they like, and adjust their insulin doses accordingly.

The very comprehensive, structured program covers topics such as carbohydrate estimation, insulin adjustments, blood glucose monitoring regimes, exercise, hypos, illness and all aspects which affect blood glucose levels. The course is facilitated by diabetes nurse educators and dieticians with extensive training in the course materials.

Contact KCHS for more information and dates of upcoming courses.

Budgeting and Nutrition

Want to minimise your grocery bill while still eating healthy, tasty food? Our Dietitian explores money-saving ways that suits your circumstances and tips to drive your dollar further.

Tuesday 8 June 2007 10:00am - 12:00pm
KCHS Courthouse Venue

\$6 per person (carer free). Bookings essential!

Weight Loss Support Group

Provides support, education and strategies for self management of health for people who are above their comfortable weight. The purpose of the group is to aid people to gain information, work on goal setting, provide support and address behaviour change. Please contact 9757 6200 if you have questions or to make a booking.

Wednesday 1:30pm - 3:30pm
KCHS Courthouse Venue

\$6 per session. Bookings are being taken.

Weight Loss Self Management Program

This program provides nutrition, education and strategies for self management of health for people who are above their comfortable weight. It is facilitated by a Dietitian. Each week different topics will be explored to ensure participants are armed with the knowledge and skills to achieve successful weight loss.

Run on Demand.

Local Self-Help Groups

Puffing Billies – Chronic Lung Disease Support Group

This group meets on the 2nd Tuesday of each month at 10:45am at the Hillstop Coffee Shop, corner Allandale and Boronia Roads, Boronia.

For further information, please phone Winifred on 9801 3091.

Knox Arthritis Self-Help Group

On the 4th Wednesday of every month, from February through to November, the Knox Arthritis Self-Help Group meets at the Boronia Road Uniting Church, from 10:00am to 12:00pm.

For further information, please phone Janette on 9729 6175.

Vision & Mission Statement of Knox Community Health Service

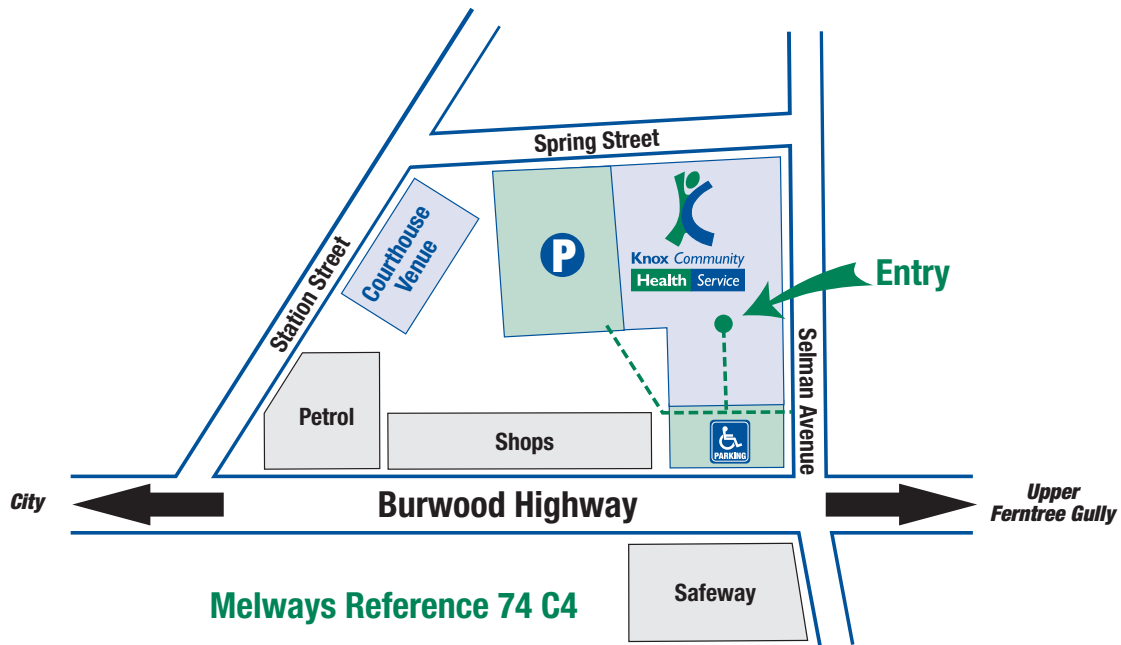
Our Mission Working together for community health and wellbeing

Our Vision Leadership in supporting, resourcing and promoting healthy communities

Knox Community Health Service

1063 Burwood Highway, Ferntree Gully, Victoria 3156 Telephone 9757 6200

online at www.kchs.org.au



General Parking – Enter off Spring Street. Disabled and Elderly Parking – Enter off Selman Avenue.

Membership is Free

To become a member of Knox Community Health Service please contact 9757 6200

Parking at KCHS

Parking at the front of the building is reserved for **people with a disability, frail, & elderly clients, for mothers with prams, for quick “drop off” of clients & for delivery of equipment**

- please respect this request as many people need this access.

Parking for **all other KCHS clients & visitors** is in the large car park that is accessed via Spring Street (which runs behind the building). A gate from the car park allows you direct access to the front of the building and reception.

Upwey & District

Community Bank™ Branch **Bendigo Bank**



Contact The Manager on 9754 1200 for any enquiries regarding loans or accounts or call at our Upwey, Belgrave or Cockatoo branches.

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