

# Your Health Matters

January – March 2008

**A Physiotherapy assessment is required before participation in any exercise group – a fee applies. Book an appointment on (03) 9757 6200.**

## Your Health Matters

Visit us at [www.kchs.org.au](http://www.kchs.org.au)



### Services provided by Knox Community Health Service

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

**Eligibility criteria may apply to services.**

## Health Programs, Groups & Activities

### 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.

All the above sessions will be held at:

#### SESSION DETAILS:

All the above sessions will be held at:

**Knox Scope Centre**  
**750 Boronia Road, Wantirna**

Tuesday: 9:00am – 10:00am

Thursday: 1:00pm – 2:00pm

Thursday: 2:00pm – 3:00pm

\$6.00 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.

#### SESSION DETAILS:

**KCHS Shire Hall**

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

\$6.00 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.

#### SESSION DETAILS:

**KCHS Shire Hall**

Monday: 10:30am – 12:30pm

Monday: 1:45pm – 3:45pm

Thursday: 10:30am – 12:30pm

\$6.00 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.

#### SESSION DETAILS:

**KCHS Shire Hall**

Friday: 9:30am – 10:45am

\$6.00 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.

### SESSION DETAILS:

#### KCHS Courthouse Venue

Friday: 11:00am – 12:00pm

\$6.00 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.

### SESSION DETAILS:

#### Knox Leisure Works

Monday & Wednesday

1:00pm – 2:30pm

\$6.00 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.

### SESSION DETAILS:

#### KCHS Courthouse Venue

Wednesday: 1:00pm – 3:00pm

\$6.00 per session.

Tea & Coffee Provided.

## Keep Active

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

### SESSION DETAILS:

#### KCHS Courthouse Venue

Thursday: 1:30pm – 2:45pm

\$6.00 per session.

Tea & Coffee Provided.

## 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
- ▲ Focusing on feelings
- ▲ First families
- ▲ What others tell us
- ▲ What we tell ourselves
- ▲ The challenge of change

### SESSION DETAILS:

#### KCHS Courthouse Venue

Thursday 21 February – 27 March

10:00am – 12:00pm

6 sessions.

\$6.00 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.

### SESSION DETAILS:

#### KCHS Courthouse Venue

Tuesday 12th and 19th February

6:45pm – 9:15pm

Bookings essential.

\$6.00 per session.

Tea & Coffee Provided.

## Social Skills

The Social Skills group is designed to give children with social difficulties an opportunity to improve their social skills with their peers through a group process, whilst increasing their self esteem.

A parenting group supports this and aims to develop a greater understanding of their children's needs and behaviour management. Parent session 2x 2hour sessions.

All enquiries to Intake Worker at KCHS on (03) 9757 6200. Expressions of interest for 6-7 year olds, can be placed on waiting list.

### SESSION DETAILS:

#### KCHS Courthouse Venue

5th February – 18th March (Tues)

4:00pm – 5:15pm

Parent Sessions

6th February and 5th March

No Cost.

Tea & Coffee Provided.

## Post-Natal Depression Therapy 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 Health Practitioners from Knox Community Health Service and Maternal Child Health.

Enquiries welcome, contact KCHS Intake Worker for more information on (03) 9757 6200 with referrals through MCH nurse.

### SESSION DETAILS:

#### Wantirna Early Parenting 276 Wantirna Road, Wantirna

Run Monday mornings

Dates to be confirmed

No Cost.

Tea & Coffee Provided.

## Relaxation Classes

### PROGRESSIVE MUSCLE RELAXATION

Learn to systematically tense and release muscles in order to enhance your ability to relax and let go of physical and emotional stresses.

### MINDFULNESS RELAXATION

Understand and utilise the power of your mind to "surf" the waves of thoughts, emotions and bodily sensations which may disturb us. Commitment to both classes is recommended; please arrive 5-15 minutes early.

Ring Stephen Briggs on (03) 9757 6266 or Intake Worker on (03) 9757 6200 to register your attendance.

### SESSION DETAILS:

#### KCHS Courthouse Venue

Progressive muscle relaxation  
28 February 2008

Mindfulness relaxation  
6 March 2008

9.30am – 10.30am

\$6.00 per session.

Tea & Coffee Provided.

## Knox Smoke Free Clinic

There is an option for people in Knox to get support to quit smoking.

The Knox Smoke Free Clinic offers:

- ▲ Full assessment (1 hour)
- ▲ 8 weekly follow-up appointments
- ▲ Individual appointments
- ▲ Local service in Ferntree Gully
- ▲ Specially-trained counsellor
- ▲ Supervised use of Nicotine Replacement Therapy and Carbon Monoxide testing
- ▲ New research - Bittoun model
- ▲ Relapse prevention support

For more information and appointments, phone Intake Worker on (03) 9757 6200

## Living with Long Term Conditions

### BETTER HEALTH SELF MANAGEMENT COURSE

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.

#### SESSION DETAILS:

##### **KCHS Wantirna Venue**

29th January – 4th March  
6 week course  
10:00am – 12:30pm (Tuesday)  
Phone Intake on 9757 6270 for details.  
\$6.00 per session.  
Tea & Coffee Provided.

## 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.

#### SESSION DETAILS:

##### **KCHS Courthouse Venue**

Thursday 20th March  
1:00pm to 3:00pm  
\$6.00 per person (carer free).  
Tea & Coffee Provided.  
Bookings essential – Session may not run if numbers are insufficient.

## 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.

#### SESSION DETAILS:

##### **KCHS Wantirna Venue**

Thursdays 1:30pm – 3:30pm  
8 sessions  
\$6.00 per session.  
Tea & Coffee Provided.

## 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.

#### SESSION DETAILS:

##### **KCHS Shire Hall**

Tuesday 26th February  
Wednesday 26th March  
\$6.00 per session – Book Now.  
Tea & Coffee Provided.

## Weight Loss Refresher Forum

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. It is run over 2 weeks to update skills learnt in the Weight Loss Self Management Program. Please contact (03) 9767 6200 if you have questions or to make a booking.

#### SESSION DETAILS:

##### **KCHS Courthouse Venue**

12th and 19th March  
Wednesday 1:00pm – 3:00pm  
\$6.00 per session.  
Tea & Coffee Provided.

## 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 DETAILS:

##### **KCHS Shire Hall**

Thursday 7th February  
Tuesday 18th March  
10:00am to 12:00pm  
\$6.00 per person (carer free).  
Tea & Coffee Provided.  
Bookings essential – Session may not run if numbers are insufficient.

## Dose Adjustment for Normal Eating (DAFNE)

### A COURSE FOR PEOPLE WITH TYPE 1 DIABETES

DAFNE is a five day training course 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 dietitians with extensive training in the course materials.

## Holding it All Together (HALT) - Women and Family Violence

This new 9 week education program for women is starting on Thursday 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.

#### SESSION DETAILS:

##### **KCHS Courthouse Venue**

This course will begin in  
Term 2, May 2008  
– For further information contact  
Deborah Bodsworth – (03) 9757 6290.  
9 week course.  
No Cost.  
Tea & Coffee Provided.

**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

These sessions are run on demand.

**SESSION DETAILS:**

**KCHS Shire Hall**

TBC

Contact Intake Worker for further information and registration on (03) 9757 6200.

\$6.00 per session.

Tea & Coffee Provided.

**Local Self-Help Groups**

**Puffing Billies – Chronic Lung Disease Support Group**

This group meets on the 2nd Tuesday of each month at 10.45 am at the Hillstop Coffee Shop, corner Allandale and Boronia Roads, Boronia.

**For further information, please phone Winifred on (03) 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 10am to 12pm.

**For further information, please phone Janette on (03) 9729 6175.**

**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 – 9pm. 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 (03) 9763 5327.**

**SESSION DETAILS:**

**KCHS Shire Hall**

Held every 3rd Tuesday  
2:00pm – 4:00pm  
Tuesday 19 February  
Tuesday 18 February  
Tuesday 15 April

**Diabetes Self Management Program**

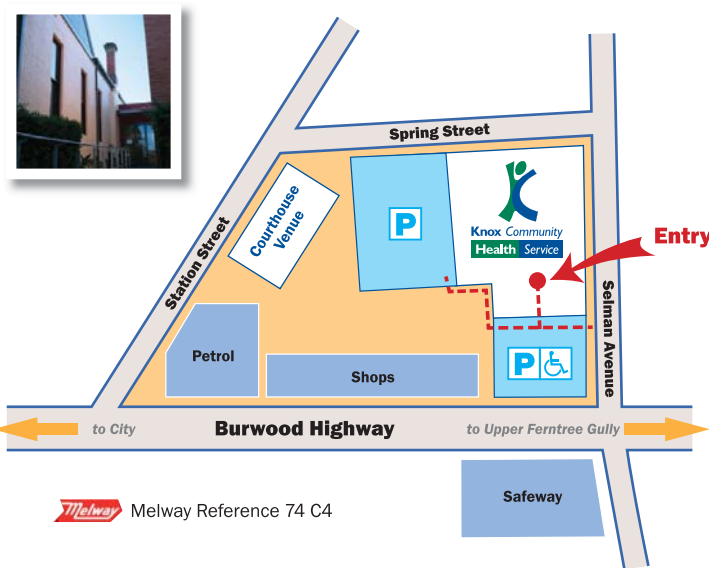
This is Four-week program for people with Type 2 diabetes to learn from Diabetes Educators, Dietitians, Physios and each other on how to best manage your condition. Items covered in the course include health eating, label reading, blood glucose management, working with health professionals and investing in your health for the future.

**Dental Service Access for Clients with Chronic Health Conditions** **NEW**

This program aims to provide integrated oral and general health care for people with Diabetes, Heart Disease or Chronic Obstructive Pulmonary Condition (such as Emphysema or Chronic Bronchitis) that may have potential for Dental Wait List waiver. If you currently live with any of these chronic health conditions and choose to access our public dental program.

**Please contact Dental Reception on (03) 9757 6201 for more information.**

**Knox Community Health Service**



**Address:**

Head office: 1063 Burwood Highway, Ferntree Gully Victoria 3156  
Wantirna Site: Unit 1 / 603 Boronia Road, Wantirna Victoria 3152

**Phone:**

9757 6200 - Switchboard

**'Wantirna Site'** **NEW**

We are pleased to announce that some services are now available at our new Wantirna site.  
Please contact (03) 9757 6200 for more details.