

# Your Health Matters

July – September 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.

#### SESSION DETAILS:

All the sessions below 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. Four different groups are run.

#### SESSION DETAILS:

**KCHS Shire Hall**

Monday: 10:30am – 12:30pm

Monday: 1:45pm – 3:45pm

Tuesday: 10:00am – 12:00pm

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.

## 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

Thursdays: 31st July – 4th September  
10:00am – 12:00pm

6 sessions.

Ring Intake on (03) 9757 6200 to register your interest as the course will not run if numbers are insufficient.

\$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 Large Room

Thursdays: 7th and 14th August  
10:00am – 12:30pm

Bookings essential, via Intake.

\$6.00 per session.

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  
21st July to 15th September

No Cost.

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

Wednesday: 23rd July

Tuesday: 26th August

Wednesday: 24th September

\$6.00 per session – Book Now.

Tea & Coffee Provided.

## Knox Tobacco Free Clinic

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

The Knox Tobacco 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 Shire Hall

Starts 9th July

Further dates will be confirmed by the 1st session.

9:30am – 12:00pm (Wednesdays)

6 week course (not consecutive).

Phone Intake on 9757 6200 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: 18th September  
1:00pm – 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 Ferntree Gully**

Wednesdays: 1:30pm – 3:30pm  
16th July to 3rd September,  
consecutive weeks.  
8 sessions

\$6.00 per session.

Tea & Coffee Provided.

## Weight Loss Support Group

This 2 week program aims to be a “refresher” for those people who have completed the Weight Loss Self Management program previously. Goal setting and self management skills will be reviewed. Please contact Intake on (03) 9757 6200 if you have questions or to register your interest.

### SESSION DETAILS:

#### **KCHS Courthouse Venue**

Wednesdays: 10th & 17th September  
Times: 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: 17th July  
Friday: 15th August  
Tuesday: 16th September  
10:00am to 12:00pm

\$6.00 per person (carer free).

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 dieticians with extensive training in the course materials.

### SESSION DETAILS:

#### **KCHS Wantirna site**

29th September to 3rd October  
9:00am – 5:00pm

Contact KCHS for more information on (03) 9757 6200

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

This new 9 week education program for women is starting on Tuesday 8th April 2008.

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 on 19th August and finish on 28th October 2008 (with a break for school holidays)  
10:30am – 12:30pm

For further information contact Intake on (03) 9757 6200.

Names to be placed on waiting list.

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

### SESSION DETAILS:

#### **KCHS Ferntree Gully site**

Held monthly on a Tuesday  
15th July: 2:00pm – 4:00pm  
19th August: 5:00pm – 7:00pm  
16th September: 2:00pm – 4:00pm

## Diabetes Self Management Program

This is a four-week program for people with Type 2 diabetes to learn from Diabetes Educators, Dietitians, Physios and each other 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.

These sessions are run on demand, please call Intake on (03) 9757 6200 to register your interest.

### SESSION DETAILS:

#### **KCHS Wantirna site**

Starts 13th October (four consecutive weeks) 1:00pm – 4:00pm

#### **KCHS Courthouse venue**

Starts 4th August (four consecutive weeks) 1:00pm – 4:00pm

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

\$6.00 per session.

Tea & Coffee Provided.

## Health Psychology Service

### WHAT IS HEALTH PSYCHOLOGY?

Health Psychologists specialise in assisting people with medical conditions. They deal with the psychological factors related to physical illness, recovery and health.

As a result of injury or illness, some people may experience; chronic pain, depression, anxiety and panic, grief and loss of function, stress, low self esteem, social problems, and difficulties making lifestyle changes and sticking to treatment recommendations. These experiences can be distressing and disruptive and they can impact people's ability to manage their health effectively.

### HEALTH PSYCHOLOGY AT KCHS

The Health Psychology Service at KCHS aims to provide local residents with the information, skills and support they require to overcome their difficulties and improve their health.

The service provides clients who have a long term health condition (e.g., heart disease, COPD, arthritis, diabetes, chronic pain etc) with assistance with either their psychological/emotional difficulties related to their health or assistance with health related lifestyle changes.

### HOW TO ACCESS THE HEALTH PSYCHOLOGY SERVICE

To access Health Psychology at KCHS you can phone directly on 9757 6200 and speak to an intake worker. Alternatively, another health professional from KCHS or elsewhere can refer you to the service.

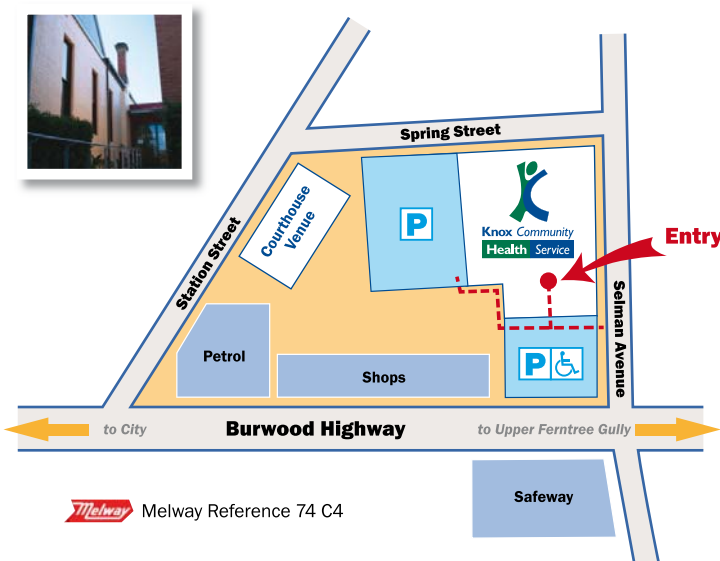
### MYTHS ABOUT PSYCHOLOGY

There are many myths about psychology. Attending psychology sessions does NOT imply that you are crazy, does NOT imply that your medical condition or physical pain are not real, and does NOT imply that you are wrong to feel worried, stressed, or distressed. Also, psychological therapy is not just about talking, and it does NOT involve being judged.

Therapy aims to assist clients to reach their own goals by providing information, practical skills and support. So whilst the difficulties encountered as a result of illness are understandable and normal, they are distressing. It is just as reasonable to seek professional assistance for psychological difficulties as it is to seek assistance for physical illness and injury.

By Sally Thorpe (Health Psychologist)

## 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

## Oral Health Priority Access: Eligibility & Fees – Children, Youth, Pregnant Women & Adults

### CHILDREN

Dental Services are available for all children including pre-schoolers through until the end of Primary School.

- ▲ Services are FREE for Health Care or Pensioner Concession Card holders.
- ▲ A one-off cost of \$27.50 applies for non-cardholders for a complete course of care
- ▲ There are no waiting lists for care and children are recalled every 12 or 24 months depending on the child's risk of dental disease.

### YOUTH

Students in Secondary School or those who have left school and are under 18 years old, who are Health Care Card holders or dependants of health card/concession card holders are eligible for free treatment. There are no waiting lists for youth care, and services are offered every 1 or 2 years depending on the level of treatment required.

### PREGNANT WOMEN

Pregnant women who hold a Health Care Card or Pensioner Concession card are eligible for priority access. Please inform the Reception team if this applies to you. There are no waiting lists for pregnant women.

### ADULTS

Co-payments apply for all adult patients:

- ▲ \$22.50 for an emergency visit
- ▲ Up to \$90 for a general course of care (excluding dentures)
- ▲ A full set of Acrylic Dentures will cost up to \$110

**For more information on Oral Health Priority Access contact Dental Reception at KCHS on (03) 9757 6201**

## Local Self-Help Groups

### PUFFING BILLIES – CHRONIC LUNG DISEASE SUPPORT GROUP

Phone Winifred on (03) 9801 3091.

### KNOX ARTHRITIS SELF-HELP GROUP

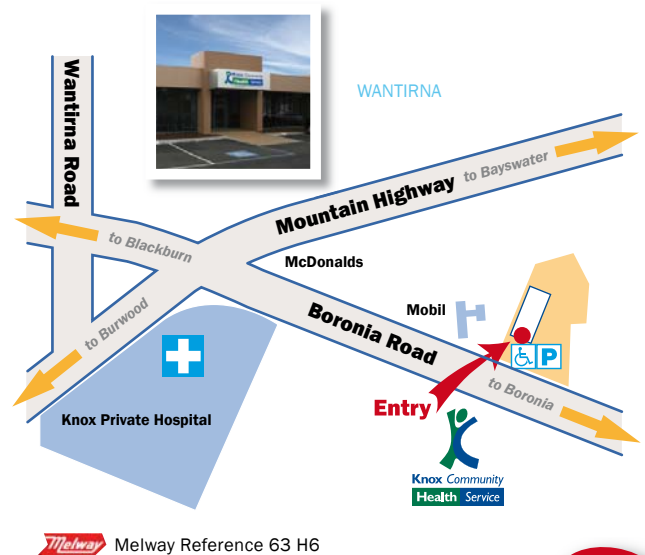
Phone Janette on (03) 9729 6175.

### HEALTHY LIVING WITH DIABETES

Phone Irene Richardson on (03) 9763 5327.

### HEART SUPPORT GROUP

Phone Les on (03) 9801 9401 or Graham on (03) 9720 2346.



### 'Wantirna Site'

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

**NEW**