

Your Health Matters

October – December 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



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 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.

Lifestyle Exercise Program

A healthy lifestyle is proven to reduce risks of developing complications of many chronic illnesses. This 12-weeks supervised circuit exercise program aims to maintain and improve your health and general fitness. Discounted membership rates offered at Knox LeisureWorks on completion of the program.

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.

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 Small Room

Wednesdays: 22nd & 29th October
10:00am – 12:30pm

Bookings essential, via Intake.

\$6.00 per session.

Tea & Coffee Provided.

Social Skills

The Social Skills group is designed to give children with social difficulties, aged 8-9 years, 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 sessions 2 x 2 hour sessions.

All enquiries to Intake worker. Expressions of interest taken for 6-7 year olds, who can be placed on waiting list.

SESSION DETAILS:

KCHS Courthouse Venue

Tuesdays:

14th October – 2nd December
4:00pm – 5:15pm

Parent Sessions

Wednesdays: Dates to be confirmed
10:00am – 12:00pm

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
13th October to 8th December 2008
10:00am – 12:00pm

No Cost. Limited child care available.

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: 21st October
Wednesday: 26th November
Tuesdays: 27th January &
24th February 2009

Session time: 2:00pm

\$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

These Clinics are run on Tuesdays between 9:00am and 5:00pm.

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

Tuesdays: 11th November to
16th December 2008.

6 consecutive weeks

Times: 10:00am – 12:30pm

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 Small Room

Friday: 14th November 2008

Friday: 16th January 2009

10:00am – 12:00pm

\$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

Thursdays: 1:30pm – 3:30pm
9th October to 27th November 2008
8 consecutive weeks

KCHS Ferntree Gully

Wednesdays: 1:30pm – 3:30pm
18th February to 8th April 2009
\$6.00 per session.

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 Wantirna

2008: 20th & 27th November
10:00am – 12:00pm
2009: 12th & 19th March
1:30pm – 3:30pm
\$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

Friday: 10th October
Tuesday: 11th November
Friday: 5th December
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

2008: 29th September to 3rd October
2009: 9th to 13th February
9:00am – 5:00pm
Contact KCHS for more information on (03) 9757 6200

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

This 8 week education program for women is starting on Tuesday 14th October 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 14th October and finish on 9th December 2008 (no session on Cup Day)
10:30am – 12:30pm
All enquiries to Intake (03) 9757 6200. Names to be placed on waiting list.
“Bookings Essential!”
8 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
14th October 2:00pm – 4:00pm
18th November 5:00pm-7:00pm
9th December 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 healthy 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:

2008: KCHS Wantirna site

Mondays: 13th, 20th & 27th October & 10th November (no session on Cup Day)
1:00pm – 4:00pm

2009: KCHS Courthouse venue

Mondays: Starts 2nd February 2009 (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.

World Diabetes Day

KCHS Shire Hall venue

Friday 14th November 2008
Drop in between 9:30am – 3:30pm

- ▲ Glucometer testing
- ▲ Diabetes resources
- ▲ trade stalls and more!

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.

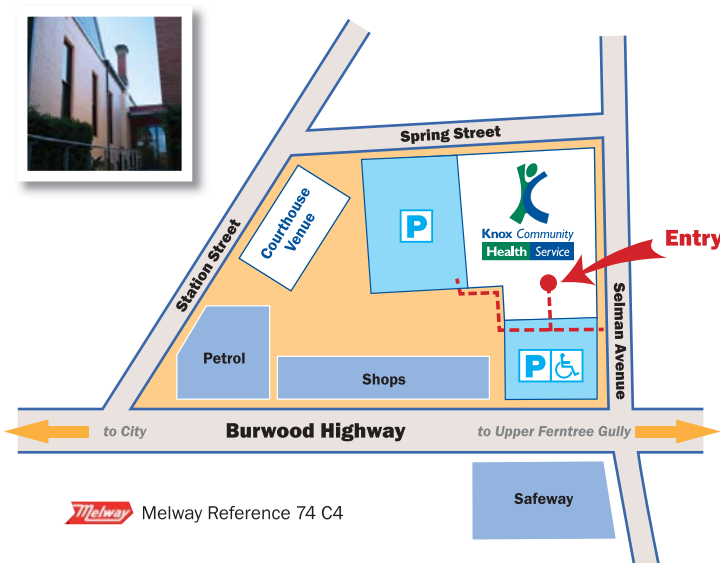
MYTHS ABOUT PSYCHOLOGY

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



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.



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'

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