

# Your Health Matters

April – June 2009

**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 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. Three different groups are run.

#### SESSION DETAILS:

**KCHS Shire Hall**

Monday: 10:30am – 12:30pm

Tuesday: 10:30am – 12:30pm

Thursday: 10:30am – 12:30pm

\$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: 2:00pm – 3:15pm

\$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: 28th April 2009

Wednesday: 27th May 2009

Tuesday: 23rd June 2009

Session time: 2:00pm

\$6.00 per session – Book Now.

## 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**

Fridays 1st & 8th May 2009

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. Referral via Maternal Child Health Nurse or contact KCHS Intake on 9757 6200 for more information.

### SESSION DETAILS:

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

Run Monday mornings  
20th April to June 15th 2009  
(no session on Public Holiday  
8th June 2009).

10:00am – 12:00pm

No Cost. Limited child care available.

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 at Ferntree Gully and Wednesdays at Wantirna 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 5th May to 9th June.

Phone Intake on 9757 6200 to register your interest.

\$6.00 per person (carer free).

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**

Tuesday 21st April 2009

10:00am – 12:00pm

\$6.00 per person (carer free).

Tea & Coffee Provided.

Bookings essential – Session may not run if numbers are insufficient.

## Intro to Nutrition

Conducted by one of our Dietitians, Intro to Nutrition is a pre-requisite for all clients wishing to access the Knox CHS Dietetic Service. It introduces the fundamentals of food and nutrition to empower people to know more about their eating and drinking habits and how to start changing their lifestyle habits for better health.

### SESSION DETAILS:

#### **KCHS Shire Hall**

15th April, 27th May, 12th June  
9:30am – 11:00am

\$6.00 per session.

Tea & Coffee Provided.

Bookings essential. Phone Intake on 9757 6200 to book

## 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**

8 consecutive weeks

Thursday 30th April to

Thursday 18th June

1:30pm – 3:30pm.

\$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 Ferntree Gully site**

Wednesday 13th & 20th May  
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**

Tuesday 14th April  
1:00 – 3:00pm  
Friday 8th May  
10:00am – 12:00pm  
Tuesday 9th June  
10:00am – 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**

25th - 29th May 2009  
9:00am – 5:00pm  
Contact KCHS for more information on (03) 9757 6200

**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:  
21st April 2009  
19th May 2009  
16th June 2009  
2:00pm – 4:00pm



**See back page for our new Creating Resilience program**

**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:**

**KCHS Courthouse venue**

4 consecutive weeks.  
Session 1 begins Wednesday 29th April, 9:30am – 12:30pm  
Session 2 begins Wednesday 10th June, 12:30pm – 3:30pm  
Contact Intake Worker for further information and registration on (03) 9757 6200.  
\$6.00 per session.  
Tea & Coffee Provided.

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

This 8 week education program for women is starting on Tuesday 28th April 2009. 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 counter-acting 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 8 week course will begin on Tuesday 28th April and finish on Tuesday 16th June 2009.  
10:30am – 12:30pm  
All enquiries to Intake (03) 9757 6200. Names to be placed on waiting list.  
**“Bookings Essential!”**  
No Cost.  
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: Starting 14th May 2009  
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.

**Local Self-Help Groups**

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

**For further information, please phone Winifred on (03) 9801 3091.**

**Knox Arthritis Self-Help Group**

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

**Healthy Living with Diabetes**

**For further information, please phone Irene Richardson on (03) 9763 5327.**

**Heart Support Group**

**For further information, please phone Les on (03) 9801 9401 or Graham on (03) 9720 2346.**



## Creating Resilience program

This is an 8-week group program for those experiencing mental health concerns and substance use issues. This group is for people with co-occurring mental health and substance use issues and encourages them to draw on their own inner resources and wisdom to achieve optimal outcomes for their physical and mental health. You will learn coping strategies to develop greater resilience and confidence in response to events in your daily life. This group is facilitated by Health Practitioners from Knox Community Health Service.

### SESSION DETAILS:

Ring Beth on (03) 9757 6234 to register your interest as the course will not run if numbers are insufficient.

No cost.

Tea & Coffee Provided.

## 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 \$28.00 applies for non-cardholders for a complete course of care (maximum of \$112.00 per family).
- ▲ 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:

- ▲ \$23.00 for an emergency visit
- ▲ Up to \$92.00 for a general course of care (excluding dentures)
- ▲ A full set of Acrylic Dentures will cost up to \$115

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

## Health Psychology Service

### HEALTH PSYCHOLOGY AT KCHS

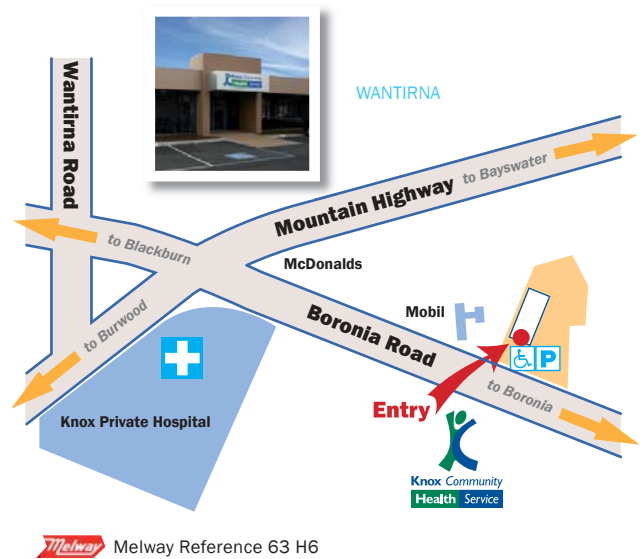
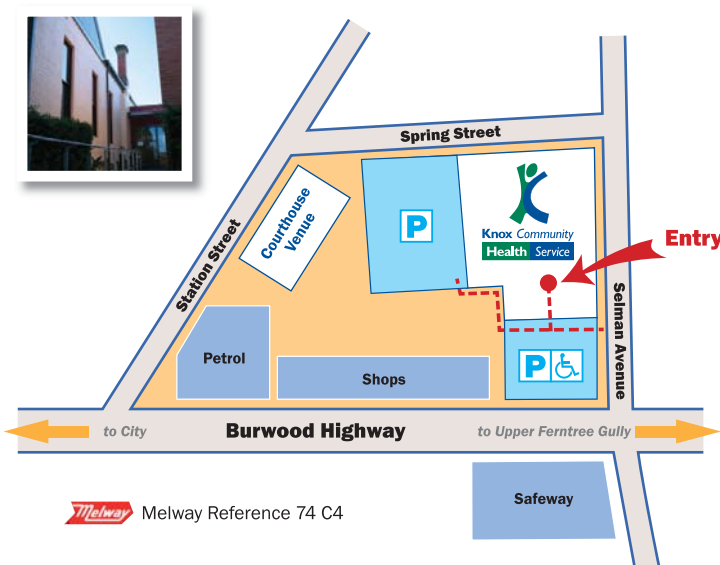
The Health Psychology Service at KCHS aims to provide local residents with the information, skills and support they require to overcome their difficulties and improve their health.

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.

## 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'

Some services are available at our Wantirna site.  
Please contact (03) 9757 6200 for more details.