

# Your Health Matters

January – March 2010

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

**Exercise groups could be cancelled due to extreme weather condition in this summer, please call your exercise leader for enquiry.**

## Your Health Matters

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



### Services provided by Knox Community Health Service Ltd

- ▲ Alcohol, Tobacco and Other Drugs Counselling
- ▲ Child Psychology
- ▲ Community Health Nursing
- ▲ Counselling
- ▲ Dental
- ▲ Diabetes Education
- ▲ Dietetics
- ▲ Family Support Services
- ▲ Family Violence
- ▲ Health Promotion Program and Activities
- ▲ Health, Education and Exercise Groups
- ▲ Information and Referral
- ▲ Occupational Therapy for Adults
- ▲ Paediatric Occupational Therapy
- ▲ Paediatric Speech Pathology
- ▲ Physiotherapy
- ▲ Podiatry
- ▲ Tobacco Free Clinic
- ▲ Youth Health and Counselling

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

#### SESSION DETAILS:

**KCHS Shire Hall**

Thursday: Beginners

Part 1: 1:00pm – 2:15pm

Part 2: 2:30pm – 3:45pm

\$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 – 12:00pm

Tuesday: 10:30am – 12:00pm

Thursday: 10:30am – 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: 1:30pm – 3:30pm

\$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**

Monday 22 February

Wednesday 24 March

Tuesday 27 April

Session time: 2:00pm

\$6.00 per session – Book Now.

## 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**

6 consecutive weeks

Next group to run in April 2010

Contact reception 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 2 February

1:00pm – 3:00pm

\$6.00 per person (carer free).

Tea & Coffee Provided.

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

## Introduction 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**

Friday 22 January

Wednesday 17 February

Friday 19 March

9:30am – 11:30am

\$6.00 per session.

Tea & Coffee Provided.

Bookings essential. Contact reception on 9757 6200 to register your interest.

## 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:

#### **Courthouse Small Room**

8 consecutive weeks

Wednesday 3 February to

Wednesday 17 March

1:30pm – 3:30pm

\$6.00 per session.

## Weight Loss Support Group

New members are able to join after completing the Weight Loss Self Management Program. This program will be held on a Monday. Goal setting and self management skills will be reviewed. Contact reception on 9757 6200 to register your interest.

### SESSION DETAILS:

#### **KCHS Ferntree Gully Venue**

New members are able to join after completing the Weight Loss Self Management Program.

\$6.00 per session.

Tea & Coffee provided.

## 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, contact reception on 9757 6200 to register your interest.

### SESSION DETAILS:

#### **KCHS Wantirna Venue**

4 consecutive weeks

Tuesday 2 February to

Tuesday 23 February

9:30am – 12:30pm

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

\$6.00 per session.

Tea & Coffee Provided.

## 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.

Three courses will run throughout the year, at the KCHS Wantirna site. Contact KCHS for more information on (03) 9757 6200.

**NEW**

**Life!**

Is a group program for people who are at risk of developing diabetes. This lifestyle behaviour change program runs over six sessions in groups of between 8 and 15 participants. All sessions are facilitated by an experienced health professional, including dietitians and physiotherapists. The program was developed by Diabetes Australia – Victoria. Sessions one to five run each fortnight over a ten week period for 90 minutes each. Participants are given the confidence to make small, achievable changes to improve their lifestyle and learn problem solving skills. Group members are encouraged to reach a weight loss goal through healthy eating and moderate daily exercise. Session six takes place eight months after session one began to provide participants with the opportunity to put the strategies they have learnt into place.

Contact KCHS reception on 9757 6200 to register your interest.

**SESSION DETAILS:**

**KCHS Courthouse**

Wednesday 17 February  
 Wednesday 24 February  
 Register from 9.45am  
 10:00am – 12:30pm

Bookings essential.

\$6.00 per session.

Tea & Coffee Provided.

**Post Natal Depression Therapy Group**

Post Natal Depression Group starts 1 February at the Wantirna Early Parenting Centre

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 KCHS 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  
 1 February to 22 March  
 10:00am – 12:00pm

**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  
 from 2:00pm – 4:00pm  
 19 January, 16 February, 16 March,  
 20 April

**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

**SESSION DETAILS:**

Clinics run: Wantirna: Wednesdays  
 Ferntree Gully: Thursdays  
 9:00am – 5:00pm

For more information phone reception on 9757 6200

**Mindfulness Based Relapse Prevention (MBRP) Group**

MBRP provides participants with the opportunity to experience mindfulness skills and increase self-awareness in a safe and supportive environment. This program explores the ‘automatic pilot’ experience, triggers, cravings, acceptance, skilful action and self care.

**SESSION DETAILS:**

*Information Groups:*  
 Wednesday 20 January  
 1:00pm – 2:00pm  
 Wednesday 3 February  
 2:00pm – 3:00pm

*Group:*  
 KCHS Shire Hall  
 2:30pm – 4:30pm  
 Tuesday 9 February  
 Wednesday 17 February  
 Tuesday 23 February  
 Tuesday 9 March  
 Wednesday 17 March  
 Tuesday 23 March  
 Tuesday 30 March  
 Tuesday 6 April

**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 19 January  
 Friday 5 February  
 Tuesday 30 March  
 10:00am – 12:00pm

\$6.00 per person (carer free).

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

**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.

## 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 Rhonda on 9753 4153.

### 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.

### Pain Management Support Group

A support group for people with persistent pain, who have completed an appropriate Pain Management Program. For further information, please phone KCHS Intake Service on 9757 6200.

## 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 \$120

For more information on Oral Health Priority Access contact Reception at KCHS on (03) 9757 6200

## Health Psychology Service

### HEALTH PSYCHOLOGY AT KCHS

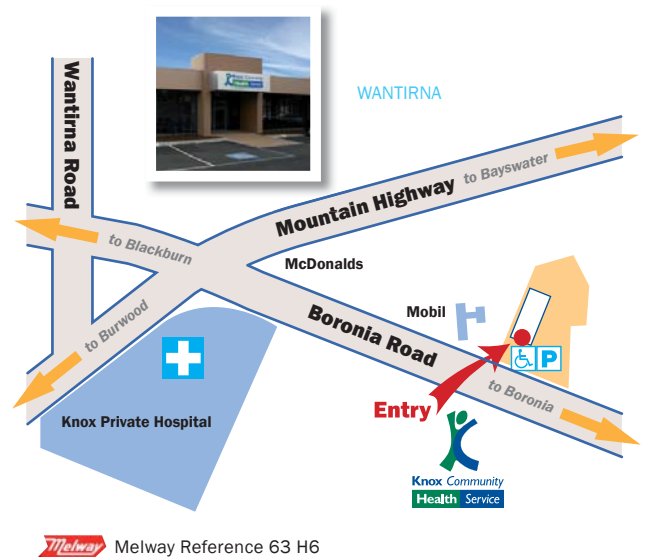
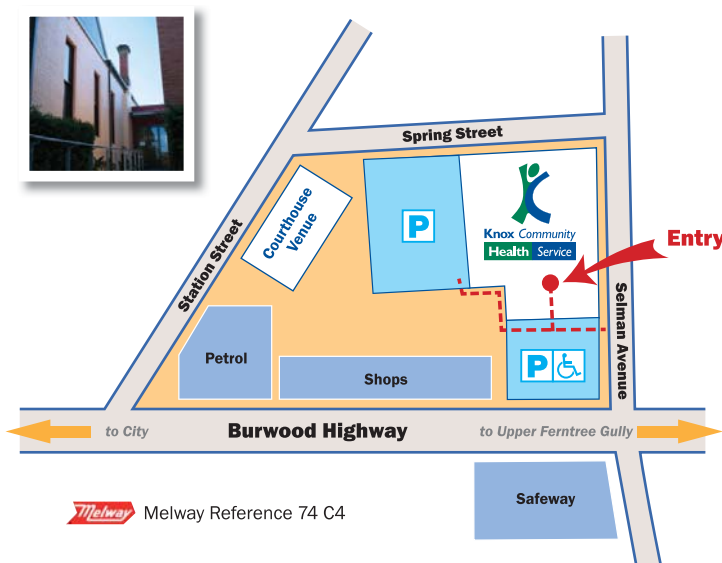
The Health Psychology Service at KCHS aims to provide local residents with the information, skills and support they require to overcome their difficulties and improve their health.

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 Limited



### 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.