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Newsletter

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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.

Welcoming Bayswater Street Party

Saturday 28 November, Bayswater shopping village came alive with music, free food, children's activities, laughter and lots of conversation as the first street party was staged here in what will hopefully become an annual event.

The street party was staged to celebrate National Social Inclusion Week, which has been started to focus attention on community and neighbourhood as important places to support those who might otherwise feel isolated. The event had an estimated 1000 people attend and was a great opportunity for retailers and community members to build great relationships around this very important goal. Reports about the success of the event abound. Brett, one of the community members involved in running the day said "it was good to see lots of different people together" "it was a wonderfully inclusive day". Alicia, another community member organiser said "it was great" and that she found it easy to get to and be part of the event, as opposed to other events which she finds difficult to negotiate in a wheelchair.

The event was organised as part of the health promotion work undertaken in Bayswater to improve health by encouraging and supporting people to connect to local community and get around by walking and cycling. The

project is called "Welcoming Bayswater" and has arisen out of the Mothers Living Well Project. The aim is to work on long term changes in the Bayswater Shopping village making it a place which is supportive and welcoming to mothers, children and people from a range of backgrounds, cultures, and abilities. Through this, the project aims to increase the degree that people feel a sense of belonging in this community and supported to do healthy things such as walking and cycling and connecting with others locally.

Both Mothers Living Well and the "Welcoming Bayswater" project are run by Knox Community Health Service in partnership with Knox City Council, TravelSmart (a program of the Victorian Government) and Care Connect.



*Interchange Bayswater Band
– 'The Supernaturals'*

Amphetamine-type stimulants (ATS) project



The ATS project is coming to a close at the end of 2009.

This capacity building project has run for 12 months to increase staff knowledge and confidence in meeting the needs of clients who may have issues with ATS. Staff who have participated in training and activities have included Oral Health services, Alcohol, Tobacco & Other Drugs team and Allied Health providers. A key component is a harm reduction strategy to improve oral health in people who may use ATS. The focus of this project in the last quarter has been ensuring the training and resources are sustainable across the organisation.

STAFF IN TRAINING

Acceptance and Commitment Therapy

KCHS has focussed in skilling up all therapeutic counselling staff in a variety of Mindfulness-based approaches.

The therapeutic methods that staff are now credentialed to implement in individual and group work is Advanced Acceptance and Commitment Therapy for AOD and Personality Disorders, Mindfulness Based Cognitive Therapy with Professor Mark Williams (UK) and Dialectical Behavioural Therapy. Liaison with Professor Alan Marlatt (Professor of Psychology University of Washington/Director of Addictive Behaviours Research Center) has provided support and secondary consultation for commencement of 8 week group program of Mindfulness Based Relapse Prevention for clients with AOD and co-occurring mental health and substance use issues. Professor Alan Marlatt's manual will soon be published and available in Australia and has proven to be an exciting new method with excellent results in the US and is showing promise of excellent results in its application in both individual and group work at KCHS. The introduction of 'self compassion' as a therapeutic method has also proven to be useful in individual and group therapy and the use of a self compassion score card is now being implemented for pre and post evaluation of group and individual work.

Tips to survive in hot weather

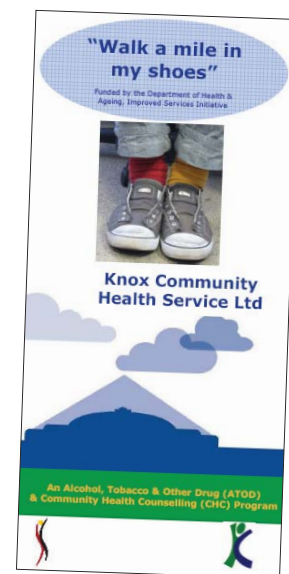
The following practical advice can help to prevent heat-related illnesses:

- ▲ Check on older, sick and frail people who may need help coping with the heat
- ▲ Never leave anyone in a closed parked car
- ▲ Drink plenty of water and fluids (non-alcoholic) (Note: If your doctor normally limits your fluids or you are on fluid tablets, you may need to check how much to drink while the weather is hot)
- ▲ Limit or avoid alcoholic drinks
- ▲ Stay indoors, if possible in air-conditioning, or in the shade
- ▲ Take a cool shower or bath
- ▲ Wear lightweight, loose-fitting clothing;
- ▲ Reduce physical activity
- ▲ Don't rely on fans unless there is adequate ventilation
- ▲ Know the signs and symptoms of excessive heat exposure and know how to respond

'Walk a mile in my shoes' – Community Participation project

As part of the Improved Services Initiative, which aims to increase capability to work with co-occurring conditions in the alcohol and other drug sector, KCHS has launched the 'Walk a mile in my shoes' Consumer and Carer participation group.

The group will be made up of consumers and carers who have been recipients of the above services. This group will have time limited projects focussing on evaluation, education and awareness. For more information please request a pamphlet from KCHS on (03) 9757 6200.



Supported Residential Services Oral Health Initiative:

Reconnecting vulnerable persons with Community Health Services

Supported Residential Services (SRS) residents are amongst Victoria's most vulnerable and disadvantaged, they experience high levels of dental caries, have poor periodontal health and experience higher than average levels of tooth loss.

Since May 2008, KCHS, through a project funded by the Department of Health, have been working to improve the resident's oral health and their access to dental services.

A dental hygienist provides oral health assessments at the homes of the residents; those requiring further treatment are then assisted to attend KCHS. This is accompanied by health promotion and oral health education sessions which are offered to both the residents and staff.

The pilot project will run until June 2010 with the aim to have a sustainable link for the residents with the local community health service and the Oral Health Program, through the relationships established as part of the project.

Smiles 4 Miles is coming to Knox!



dental health
services victoria
oral health for better health

KCHS was successful in securing some funding to implement the Smiles 4 Miles oral health promotion program in Knox in 2009-2010.

Smiles 4 Miles is an initiative from Dental Health Services Victoria, working in partnership with KCHS to improve the oral health of the youngest children in our community. **Smiles 4 Miles** is already available in 45 (57%) local government areas in Victoria.

Through the **Smiles 4 Miles** program, KCHS will be working with kindergarten teachers, parents and the broader kindergarten community to develop healthy policy and practices. **Smiles 4 Miles** is centred on instilling three key messages: Eat Well, Drink Well, and Clean Well.

KCHS is currently seeking to engage six kindergartens from Knox to start the program during next year's first term, in January 2010. These include three preschools in Boronia, one in Bayswater, one in Ferntree Gully and one in Rowville.

For more information, please contact Véronique Roussy on 9757 6289.

Community Development Fund

Just recently, KCHS were successful with two funding submissions from Knox City Council Community Development Fund.

Chinese Seniors

KCHS was proud to recently receive a grant of \$5,000 from Knox City Council's Community Development Fund to assist with activities for Chinese seniors living in Knox. In particular the funds will assist the Chinese Seniors Wellbeing Network, a group of mainstream and Chinese support services to host the second Chinese Seniors Health Ageing Expo in April 2010. The last expo in 2008 was attended by over 100 Chinese seniors and their families and provided health information in Cantonese and Mandarin. The funding will also support activities of the Chinese Community Planning group (CPG). The CPG is a group of Chinese seniors who meet monthly to discuss and plan activities that connect Chinese speaking seniors, especially those who may be socially isolated. A full calendar of events is being planned for 2010. For more information contact Linda Lim at KCHS or via email linda.lim@kchs.org.au

Indigenous Community

This funding grant will be used to organise an Afternoon Tea in 2010 to welcome the Indigenous Community to KCHS. The afternoon tea has been named, "Coming Together", and Indigenous Elders had input into the naming of the Afternoon Tea.

"Coming Together" aims to encourage people from the Indigenous community to feel comfortable coming to KCHS by welcoming them to the service and providing an easy, enjoyable atmosphere in which they can meet and get to know some of the staff and volunteers. "Coming Together" is also about providing some general health service information to the people and the Indigenous Community.

Paediatric School Readiness Group Program

As part of the Paediatric services, KCHS provides a program in the fourth term for children who will be commencing school in the following year.

These children are currently accessing a service at KCHS; either in Occupational Therapy, Speech Pathology and / or Child Psychology. This program runs over six sessions with four parent information sessions. School readiness is run to provide an awareness of important skills required for children as they prepare for school and provides an opportunity to develop and practice these skills in a therapeutic manner. A range of goals include; motor planning and coordination, fine motor skills for writing, awareness of sound for literacy development, social language use, independence with self-help skills and awareness of social rules (listening, waiting and taking turns). By the end of the program, we see increased confidence in communication with their peers, awareness of routine and greater ability to follow the routine, greater ability to sit and attend in group learning environment.



School Readiness Group

Knox Community Health Service Volunteer Program

What an exciting year it's been for the KCHS volunteer program.

KCHS nominated two volunteers for awards, Trish Smart for the 2009 Minister of Health Awards for Outstanding Individual Volunteer and Margot Petersen for the Victoria Day Awards for the electorate of Knox.



Trish Smart

Patricia, who likes to be known as Trish, has volunteered with KCHS since 2002 and displays great passion and commitment towards her volunteering. Trish undertook a specialty project organising a wall of fame display of all the volunteers at KCHS and assisted at the Knox Festival under the KCHS umbrella.



Margot Petersen

Week after week Margot goes above what could reasonably be expected of someone in a similar position; Margot's role is volunteer Administration. Her enthusiasm towards the role and to the organisation has been outstanding and displays such professionalism in every sense of the word; Margot gives 110% every time.

Trish and Margot not only accepted the awards for themselves but on behalf of all the volunteers at KCHS.

Leonie Deacon

KCHS nominated Leonie Deacon for the Knox City Council Australia Day Volunteer of the year Award for 2010. We would like to wish Leonie all the best on the 26 of January.

Leonie has made an outstanding difference to the community of Bayswater with a particular focus on supporting mothers and people who are facing challenges and disadvantage, to be heard and to feel supported and included in the community.

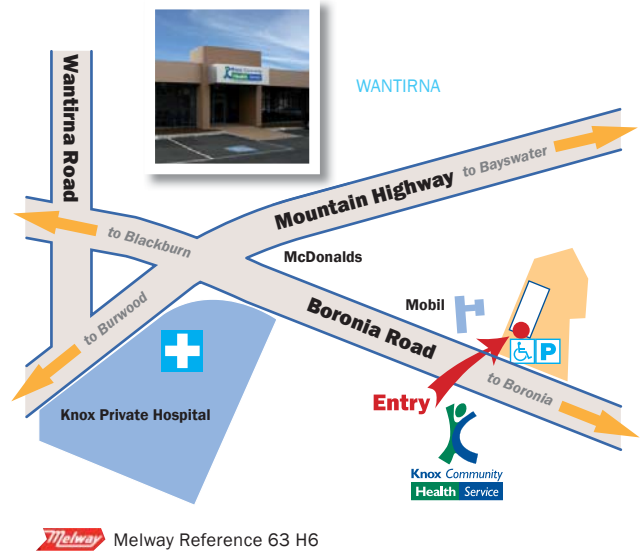
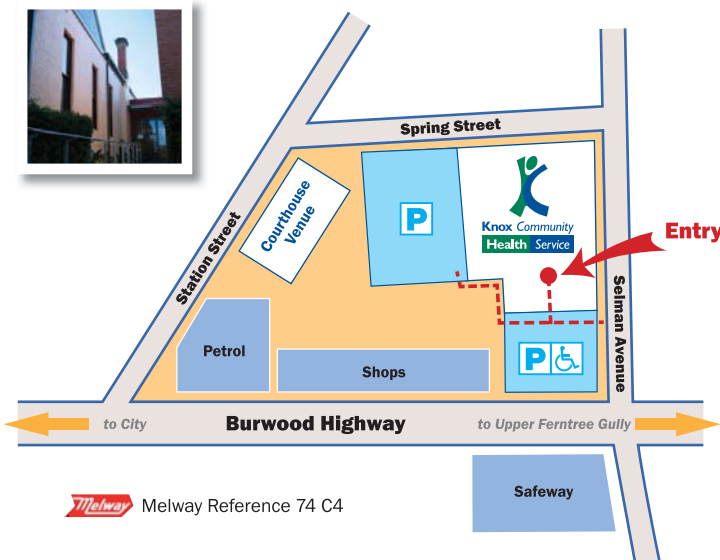
In her volunteer role at KCHS (Mothers Living Well Project), Leonie has been actively involved at every stage including planning, as a steering committee member, researching and interviewing mothers living in Bayswater, facilitating workshops and developing the action plan. Leonie has spoken at conferences, been involved in media promotion, and been a leader in community audits and photo-project which have been key parts of the project.



What is an Aboriginal Liaison Officer (ALO)?

Michelle is the Aboriginal Liaison Officer at KCHS. The role of the ALO is to increase and improve access to KCHS services for the Aboriginal and Torres Strait Islander people. The ALO aims to improve the Indigenous people awareness and access to health care.

Knox Community Health Service



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9757 6200 - Switchboard

'Wantirna Site'

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