

Your Health Matters

April – June 2010

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 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
- ▲ Health Psychology Service
- ▲ 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 under the supervision and instruction of a physiotherapist. This is especially suitable for the management of arthritis and musculoskeletal injuries.

SESSION DETAILS:

A new venue from May 2010
Knox Leisure Work YMCA
Tormore Road, Boronia

Thursday: 1:00pm – 2:00pm

Thursday: 2:00pm – 3:00pm

\$6.50 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

\$6.50 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

\$6.50 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

\$6.50 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

\$6.50 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 27 April

Wednesday 26 May

Tuesday 22 June

Session time: 2:00pm

\$6.50 per session – Book Now.

Living with Long Term Conditions

BETTER HEALTH SELF MANAGEMENT PROGRAM

Do you have a health problem that is long term? Does this health problem affect the way that you manage day-to-day? Would you like to develop ways of better managing your health? If so, this 6 week course is for you (and your carers). The course is designed for people who have one or more chronic condition such as arthritis, heart disease, lung disease or diabetes. The course will assist you (and your carers) to develop skills to better manage your health. In a friendly supportive group environment participants will learn practical strategies to cope more effectively and positively with your health problem whilst continuing to do the things that are really important to your quality of life.

The Chronic Disease Self Management Program was developed at Stanford University, America. They found that people who took the program improved their health behaviours, improved their health and decreased their days in hospital. Please contact our Intake staff to learn more about this program and sign up!

SESSION DETAILS:

KCHS Wantirna

6 consecutive weeks

Wednesday 12 May – 16 June

10:00am – 12:30pm

Contact reception on 9757 6200 to register your interest.

\$6.50 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

Friday 14 May

10.00am – 12.00pm

\$6.50 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

Wednesday 10 April

Wednesday 10 May

Friday 10 June

9.30am - 11.30am

\$6.50 per session.

Tea & Coffee Provided.

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

Weight Loss Self Management Program

Do you know what to do but are having trouble starting or keeping up the motivation for weight loss?

This program aims to make participants aware of the habits and thoughts that keep you at your current weight and discusses strategies to overcome barriers to healthy eating and exercise. The sessions are facilitated by a Dietitian. Each week different topics are explored giving participants the skills to set goals and decrease their weight.

SESSION DETAILS:

KCHS Court House Small Room

8 consecutive weeks

Wednesday 21 April - 2 May

1.30pm - 3.30pm

\$6.50 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.

SESSION DETAILS:

KCHS Ferntree Gully Venue

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

\$6.50 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 Shire Hall

4 consecutive weeks

Monday 12 April - Monday 10 May

1.00pm – 4.00pm

KCHS Wantirna Venue

4 consecutive weeks

Tuesday 1 June - Tuesday 22 June

1.30pm – 4.30pm

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

\$6.50 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.

A face to face pre-DAFNE assessment must be conducted before starting the DAFNE course. Three courses will run throughout the year, at the KCHS Wantirna site. Contact KCHS for more information on (03) 9757 6200.

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.

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 Ferntree Gully Site

Tuesday 10 April
Friday 18 June
1.00pm – 3.00pm
Tuesday 10 May
10.00am – 12.00pm

\$6.50 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.

SESSION DETAILS:

KCHS Courthouse

Thursday 20 May
Thursday 27 May
Register from 9.45am
10:00am – 12:30pm

Bookings essential.

\$6.50 per session.

Tea & Coffee Provided.

Post Natal Depression Therapy Group

Post Natal Depression Group starts 12 April 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
12 April – 31 May
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:

Ferntree Gully site for ALL sessions

Held the third Monday of every month from 2.30pm - 4.30pm
19 April
17 May
21 June

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

HALT Program – Holding it All Together

An 8 week group for women who have experienced past or current issues of Family Violence/abuse in their relationships. For more information contact reception on 9757 6200 to register your interest.

NEW

Wise Mind Wise Choices

“Wise Mind Wise Choices” is a 6 week group based on Acceptance and Commitment Therapy (ACT). The aim of the group is to “accept what is out of your personal control, while committing to do whatever is in your personal control to improve your quality of life”. The group will teach you skills (Mindfulness skills) to deal with your painful thoughts and feelings effectively, in such a way that they have much less impact and influence over you. The group is for anyone struggling with depression, anxiety, worrying thoughts, grief and loss, relationship issues, anger, stress etc. The cost of the group includes two supporting resources, a book ‘The Happiness Trap’ and a CD for practicing Mindfulness skills. For more information contact reception on 9757 6200 to register your interest.

SESSION DETAILS:

KCHS Shire Hall

6 consecutive weeks
Tuesday 13 April to 18 May
1.30pm - 3.30pm

\$7.00 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 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

Fee Increases

Please be advised that there will be a slight fee increase from 12 April 2010.

The new amounts are as follows:

- ▲ Groups fee \$6.50

Individual Appointments

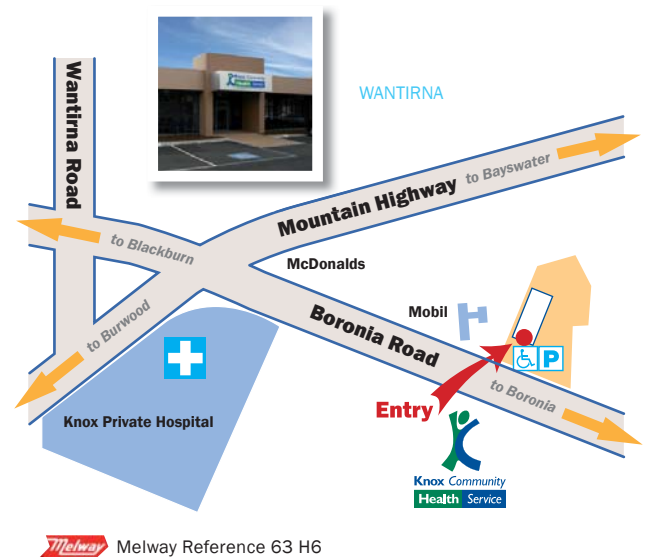
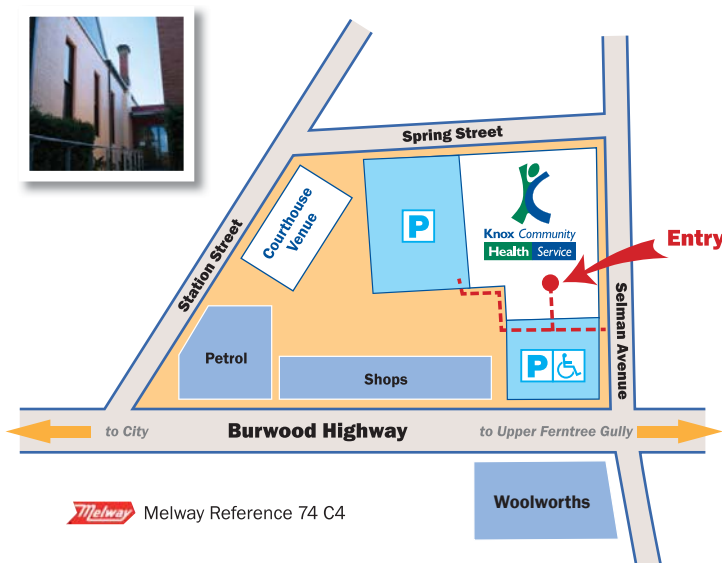
- ▲ Low income: \$8.50
- ▲ Medium Income: \$13.00
- ▲ High Income: \$86.00 per hour

Counselling Appointments

- ▲ Low and Medium income: No Charge
- ▲ High Income: \$86.00 per hour

These increases do not apply to Dental

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.