

# Your Health Matters

July – September 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](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
- ▲ 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 July 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: 11:00am – 12:00pm

\$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**

Wednesday 28 July

Tuesday 24 August

Wednesday 22 September

Session time: 2:00pm

\$6.50 per session – Book Now.

## 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 3 August

1:00pm – 3:00pm

\$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**

Friday 9 July

Wednesday 11 August

Monday 20 September

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:

#### **FTG Court House Large Room**

8 consecutive weeks

Monday 19 July – 23 August

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 Wantirna Venue**

4 consecutive weeks

Thursday 22 July – Thursday 12 August

9:30am – 12:30pm

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**

Friday 9 July  
1:00pm – 3:00pm  
Tuesday 10 August  
10:00am – 12:00pm  
Friday 10 September  
1:00pm – 3:00pm

\$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**

Friday 30 July  
Friday 6 August  
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  
26 July – 13 September  
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 July  
16 August  
20 September

## 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.

### SESSION DETAILS:

#### **KCHS Courthouse**

8 consecutive weeks  
Wednesday 4 August – 22 September  
10:30am – 12:30pm

## 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 Wantirna Site**

*Information Session*  
23 July  
10:00am – 12:00pm

#### **Group – KCHS Wantirna Site**

6 consecutive weeks  
Friday 6 August to 10 September  
10:00am – 12:00pm

#### **Group – KCHS Ferntree Gully Court House**

6 consecutive weeks  
Tuesday 14 September to 23 November  
10:00am – 12:00pm  
No group being run on 2 November  
Follow up session to be held  
14 December

\$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 Lothar on (03) 9758 1759 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

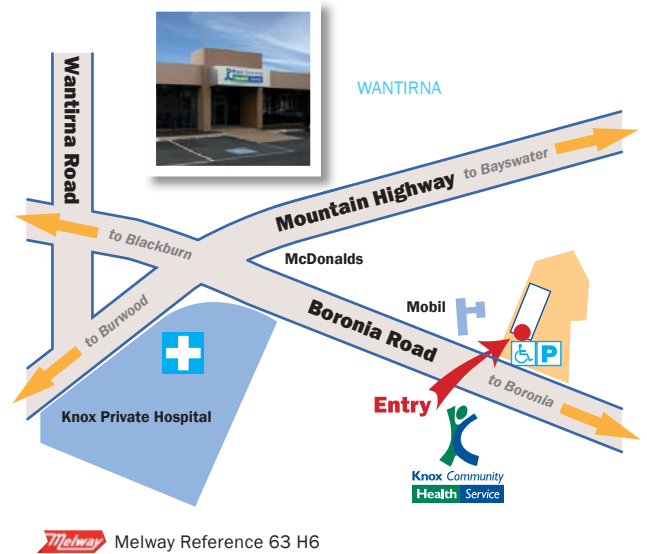
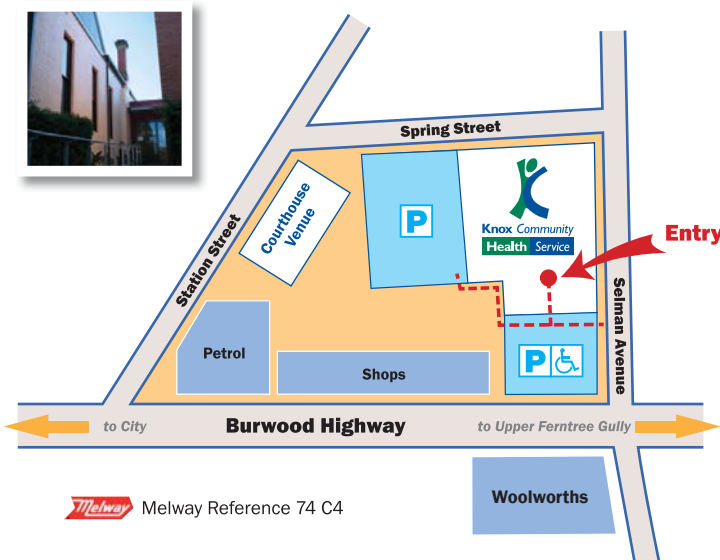
The Health Psychology Service at KCHS aims to provide local residents with the information, skills and support they require to overcome their difficulties and improve their health.

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.