



OCT - DEC 2019

EACH provides an integrated range of health, disability, counselling, mental health and social services that aim to promote health and wellbeing.

Bookings are required for all courses and programs. Contact 1300 003 224 to register your interest or look at our website www.each.com.au for more information.

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*Fees stated may vary depending on individual circumstances and care package, ie NDIS or Home Care Package. Enquire on application.

PHYSIOTHERAPY / EXERCISE GROUPS

A physiotherapy or exercise physiology assessment is required before participation in any exercise group – a fee applies.

Easy Active

Easy Active classes are a first step back into exercise after illness or injury and for chronic conditions such as joint / back pain, breathing problems and diabetes. This program is a partnership between EACH and Aquahub Gym Croydon.

Seated Easy Active – exercise in sitting and supported standing positions.

Where: Aquahub
11 Civic Square, Croydon
When: Monday 1.30pm – 2.30pm
Cost: * from \$7.00 per session

Circuit Easy Active – suits people who are able to walk to gym and manage gym equipment

Where: Aquahub
11 Civic Square, Croydon
When: Wednesday 1.30pm – 2.30pm
Cost: * from \$7.00 per session

Low-Moderate Exercise Group

Low to moderate intensity exercises for people with muscular, skeletal, and neural conditions. It combines low impact aerobics, strength training and stretching.

Keep Active: General exercise group with a variety of movement types
Conditioning: Exercise designed to build up strength and stability
Strength: Specifically for postural correction and joint strength

Where: Burwood Hwy Ferntree Gully Site - Shire Hall
When:
Keep Active: Friday: 11.00am – 12.00pm
Conditioning: Monday 10.00am-11.00am
Strength: Tuesday 11.00am – 12.00pm
Cost: * from \$9.00 per session
Further details: Assessment required

Gentle Exercise Groups

Exercises are chair based and designed for beginners, or people with limited mobility, are frail or have chronic conditions. These weekly programs involve a combination of gentle exercise to music, low-level strength training, relaxation and activities promoting physical mobility and independence.

The **Seated / Chair Based** groups are suitable for beginners and people with limited mobility or chronic conditions. The **Standing** group combines a mix of exercises focussing on strength, mobility and balance.

ACE (Active Chair-based Exercise)

Where: Burwood Hwy Ferntree Gully Site - Shire Hall
When: Tuesday 1.00pm – 2.30pm
Thursday 10.30am – 12.00pm
Cost: * from \$9.00 per session

Gentle Standing Group

Where: Patterson St Ringwood East Site – HP Room
When: Thursday 10.00am - 11.00am
11.30am – 12.30pm
Cost: * from \$9.00 per session

SEATed Exercise

(Seated Exercise and Tone Exercise)

Where: Patterson St Ringwood East Site
When: Monday 1.30pm – 2.45pm
Cost: * from \$9.00 per session

SAFEmoves (Falls Prevention Program)

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.

Where: Burwood Hwy Ferntree Gully Site - Courthouse
When: Wednesday 1.30pm - 3.30pm
Cost: * from \$9.00 per session

Where: Patterson St Ringwood East Site – Freeman St Church
When: Wednesday 1.30pm – 3.30pm
Cost: * from \$9.00 per session

MBS Physiotherapy, Exercise Physiology Services

Bulk billed services include:

- Physiotherapy: specialises in treatment and management of musculoskeletal conditions.
 - Exercise Physiology: specialises in exercise prescription for diabetes, cardiac and respiratory conditions.
- To access these services, eligible clients must have:
- GP Management Plan and Team Care arrangements
 - A chronic/complex medical condition that has been present for six months or longer

Where: Burwood Hwy Ferntree Gully Site

Manage Pain, More Gain!

For people with persistent or chronic pain who want to improve their health, fitness and mobility, and stop pain from holding them back.

Led by a physiotherapist, this 8 week program is a combination of education, advice and supervised exercises.

Where: Burwood Hwy Ferntree Gully Site – Courthouse

When: Friday 1.30pm – 3.45pm

Cost: * from \$9.00 per session

Tai-Chi and Qigong Shibashi

A gentle and slow exercise of the body, mind and spirit that improves overall health, fitness & promotes relaxation.

Tai Chi (SUN41) involves progressive building of skill & depth in the exercise movements. Main benefits are clarity & focus of mind, reduced pain, improved balance & prevention of falls

Shibashi involves breathing exercise, joyful expression of movement & flow of life energy. Main benefits are lung health, improved circulation & digestion.

Where: Burwood Hwy Ferntree Gully Site - Shire Hall

When: Thursdays

Beginner Tai Chi: 1.00pm–2.00pm

Intermediate Tai Chi: 2.00pm–3.15pm

Advanced Tai Chi: 3.00pm–4.15pm

Where: Patterson St Ringwood East Site – Freeman St Church

When: Wednesdays

Advanced Tai Chi: 9.30am–10.45am

Shibashi: 10.30am-11.30am

Cost: * from \$9.00 per session

Breathe Easies

A program for people with stable heart failure or those who have chronic respiratory lung conditions. Breathe Easies is also suitable for people who have completed a 6 week cardiac or pulmonary rehabilitation program.

Where: Patterson St Ringwood East Site

When: Tuesdays: 10.30am – 11.30am

Cost: * from \$9.00 per session or \$50.00 for 6 sessions

Aquatic Physiotherapy

Aquatic Physiotherapy offers individual and group exercise in warm water under the supervision and instruction of a physiotherapist or exercise physiologist.

Where: Knox Leisure Works YMCA
Tormore Road, Boronia

When: Thursday: 1.00pm – 2.00pm
Thursday: 2.00pm – 3.00pm

Where: Aquahub
11 Civic Square, Croydon

When: Tuesday mornings

Where: Aquanation
Greenwood Ave, Ringwood

When: Friday mornings

Cost: * from \$11.00 per session

Further Details: A waiting list may apply

Strength 4 Life

This is a group exercise program which focusses on strength training. The exercises will help strengthen your muscles and bones, improve your balance, coordination, flexibility and increase your overall health and fitness.

Where: Light Community Church –
42-44 Dublin Rd Ringwood East

When: Monday: 11.30am-12.30pm
1.00pm- 2.00pm
Wednesday: 12.45pm- 1.45pm
2.15pm – 3.15pm

Cost: * from \$9.00 per session

GLA:D

GLA:D Australia is a 6 week, physiotherapist led, education & exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms. By strengthening & correcting daily movement patterns, participants will train their bodies to move properly, prevent symptom progression & reduce pain.

Where: Burwood Hwy Ferntree Gully Site - Courthouse

When: Tuesdays: 1.30pm – 2.30pm
Fridays: 10.30am – 11.30am

Cost: * from \$9.00 per session

ABORIGINAL HEALTH AND WELLBEING

Aboriginal Health Facilitators are available to assist Aboriginal and Torres Strait Islander community members to access the health and community services they need.

Services include - advocacy, referral to mainstream and Aboriginal services and programs, access to transport, equipment and specialists for individuals experiencing chronic health issues and who qualify for the CCSS Program.

All referrals must be made through EACH Intake.

THE WOMEN'S CLINIC

We provide sexual & reproductive health education and clinical services including:

- Contraceptive Choices
- Cervical Screening (pap screen)
- Breast Health Checks
- STI and BBV Checks
- Free vaccination for vulnerable groups
- Menstrual Health Care
- Unplanned Pregnancy Choices
- Medical Termination of Pregnancy
- Referral to external specialists including obstetric and gynae services & surgical abortion providers.
- Menopause care

Where: Patterson Street Ringwood East Site

When: Monday - Friday

Eligibility & Referral: People can refer themselves or can be referred by family, friends, GP or other health professionals. Please bring a Medicare card if you have one.

YOUTH HEALTH CLINIC

Youth Health Clinic operates on Thursdays from 3.30pm – 7.00pm at Knox Ozone, Headspace Knox. This is a free service for young people aged 12-25 years. Young people can speak to a nurse about a range of health care issues including: sexual health, mental health, drugs and alcohol. You can make an appointment by calling (03) 9801 6088 or just drop in.

National Disability Insurance Scheme (NDIS)

Each is a registered NDIS provider for people up to 65 living with disabilities and children 0-12 years with developmental delay or disability. If you would like to know more about NDIS and how it might affect your child, family or yourself, call 1300 003 224.

OCCUPATIONAL THERAPY

COG's Brain Training

Come and have fun exercising not only your body but also your brain. Participate in a range of activities designed to improve your body's range of motion as well as stimulate the 2 hemispheres of your brain.

Where: Burwood Hwy Ferntree Gully Site - Courthouse

When: Thursdays 17 Oct – 21 Nov 2019

Cost: * from \$60.00 for singles & \$95.00 for couples

Maroondah Carers Support Group

Looking for a break from the caring role? This group provides an opportunity for carers to share experience and information on resources / services that may be helpful in a caring role. The group is for people caring for a relative or friend of any age or disability / illness. Carers do not need to live with the person for whom they are caring. For further information contact 1300 003 224.

Where: Kerrabee – Council Facility 3-5 Louisa St Croydon

When: First Friday of each month
12.00pm – 2.00pm

Cost: Free

Independent Living Group

Would you like to increase your independence looking after yourself or your home? Do you have arthritis, back pain, reduced vision or experience fatigue? Join this 6 week program and learn exercises for life and trial aids and techniques to make life easier.

Where: Burwood Hwy Ferntree Gully Site - Courthouse

When: Monday 14 Oct – 25 Nov 2019
10.00am – 12.00pm

Cost: * from \$50.00 for singles
\$75.00 for couples

DIETETICS

The Wellness Hub

A healthy lifestyle group program run by our nurses, exercise physiologist and dietitians incorporating education sessions alongside gentle tailored safe exercising. We will talk all things health to support you to manage current health conditions as well as prevent health conditions.

Where: Burwood Hwy Ferntree Gully Site – Shire Hall

When: Please call 9757 6260 to express interest.

Cost: \$9.00 per session

Educate for Great Weight Control

The *Educate for Great Weight Control* series is designed to provide education and support for people trying to lose weight. It provides practical food and meal planning advice in a supportive group environment. There are four modules to attend, however, you can attend them in any order that suits you and at different days, sites and times. Call for your copy of the calendar and to book. Modules include:

1. Healthy eating and an introduction to label reading
2. Supermarket Tour
3. Portion size and meal planning
4. Weight loss methods

Where: Burwood Hwy Ferntree Gully Site; & Patterson St Ringwood East Site

When: Call for your copy of the calendar of events to choose the times that best suit you.

Cost: \$9.00 per session

Further details: Bookings essential

PODIATRY

MBS Podiatry Clinic

Eligible clients must have:

- chronic/complex medical conditions that have been present for six months or longer
- specific referral with a management care plan from the clients' GP for podiatry service

Where: Burwood Hwy Ferntree Gully Site

When: Fridays 9.00am – 3.00pm

Cost: Bulk billed

DIABETES EDUCATION

Diabetes Conversations

Diabetes Conversations are for people living with type 2 diabetes and their family/carers alongside qualified health professionals in a friendly group setting. They are designed to support you in effective self-management and living well with diabetes. The course outline includes conversations about:

- Living with type 2 diabetes
- How diabetes works
- Healthy eating and keeping active

Where: Patterson St Ringwood East Site

Where: Please call for dates

Further details: Please call for dates

MBS – Diabetes Clinic

A service for anyone with diabetes requiring blood glucose monitoring and equipment.

The clinic provides consultations which cover:

- An initial diabetes health assessment including referrals to appropriate services for your diabetes care
- A second appointment focusing on blood glucose monitoring and education which includes meter and equipment provision

A specific referral with a management care plan from your GP is required.

Where: Burwood Hwy Ferntree Gully Site

Cost: Bulk billed under Medicare

Diabetes Wellness Program

This is a four-week program for people with Type 2 Diabetes to learn from health professionals how to best manage your condition. Topics covered include:

- Diabetes self-management
- Healthy eating
- Blood glucose monitoring and management
- Physical activity and diabetes and more

Where: Burwood Hwy Ferntree Gully Site – Shire Hall

When: Monday 7 Oct – 28 Oct 2019
1.00pm – 4.00pm

Cost: *from \$9.00 per session

Dose Adjustment for Normal Eating (DAFNE)

A course for people with Type 1 Diabetes

DAFNE is a five day course to assist people with Type 1 Diabetes eat the foods they like, and adjust their insulin doses accordingly.

The comprehensive program, facilitated by diabetes nurse educators and dietitians covers:

- Carbohydrate estimation and insulin adjustments
- Blood glucose monitoring regimes and exercise
- Hypos, illness and all aspects which affect blood glucose levels

Where: Boronia Rd Boronia Site

When: 9 Sep – 13 Sep 2019

Further details: Please call to express interest.

Invigor8

Do you have Type 2 Diabetes and want to improve your fitness, strength and help control your blood glucose?

Invigor8 is:

- A combined 8 week group exercise and educational program to manage your diabetes
- Under the supervision of an exercise physiologist

Where: Burwood Hwy Ferntree Gully Site - Courthouse

Where: Wednesday 10.00am – 11.30am

Cost: Medicare Bulk Billed

Further details: A pre-exercise assessment & specific referral from your GP is required.

Integrated Diabetes Education and Assessment Service (IDEAS)

EACH, in partnership with Eastern Health provides an integrated team care approach to managing Type 2 Diabetes. The clinic provides:

- Diabetes Specialist (Endocrinologist)
- Access to other EACH health services

Where: Burwood Hwy Ferntree Gully Site - Every Thurs afternoon
Patterson St Ringwood East Site – Every Tue Afternoon

Cost: Bulk billed under Medicare

Further details: A GP referral is essential

CHILD AND FAMILY SERVICES

Counselling – Adult, Child & Family

Counsellors assist people achieve their goals for improving wellbeing and health. Issues commonly experienced are illness, relationship changes, alcohol and drugs, children, stress, sadness and family violence.

Where: Various Sites

When: Monday - Friday

Art of Choice

An Art Therapy group for women who are affected by family violence. The group aims to provide a safe space for women to explore their experiences in a creative way, and strengthen their ability to make choices in a supportive environment. No art experience required.

Where: Patterson Street Ringwood East Site

When: Tuesday 15 Oct – 19 Nov 2019
10.00am - 12.00pm

Cost: Gold coin donation per session

Parent Child Mother Goose

Enjoy an hour of rhymes, songs and stories with your child. This group is aimed at strengthening the bond between kids and parent, and develop group friendships.

Age Group: 0-2 years old

Where: Patterson St Ringwood East Site – Freeman St Meeting Room

When: Monday 14 Oct – 9 Dec 2019
10.00am – 11.00am

Cost: Gold Coin Donation

Age Group: 2-4 years old

Where: Patterson St Ringwood East Site – Freeman St Meeting Room

When: Friday 18 Oct – 13 Dec 2019
10.30am – 11.30am

Cost: : Gold Coin Donation

Wise Mind Wise Choices

Based on Acceptance and Commitment Therapy (ACT), learn mindfulness skills to deal with your painful thoughts and feelings such as:

- Struggling with depression
- Anxiety, and/or Stress
- Worrying thoughts
- Grief and loss
- Anger
- Relationship issues

Where: Burwood Hwy Ferntree Gully Site - Courthouse

When: Tuesday 15 Oct – 26 Nov 2019
10.00am – 12.00pm

Cost: Gold coin donation per session

Project Hope Peer Support Group/ Project Hope Women's Peer Support Group

These programs support people experiencing substance use and mental health concerns via a peer support worker with lived experience in these areas. Every week topics of interest are presented such as Tai Chi, Mindfulness, relaxation and BBQs. Please come along and join the fun.

Mixed Group

Where: Burwood Hwy Ferntree Gully Site - Courthouse

When: Fridays 10.30 – 12.00pm

Cost: Free

Women Only Group

Where: Burwood Hwy Ferntree Gully Site - Courthouse

When: Tuesdays 1.00pm – 2.30pm

Cost: Free

Writing for Wellbeing

A Group that aims to explore ways that writing can foster a sense of wellbeing, increase mindfulness and support personal growth. In a supportive group environment you will have the opportunity to explore your personal stories in a creative and playful way. Through a range of writing activities you can enquire into what is important to you, reflect on your stories and express emotions. Unless you choose to share your writing, there is no expectation to read aloud anything you have written. This group is suitable for adults.

Where: Patterson Street Ringwood East Site

When: Tuesday 3 Dec – 17 Dec 2019
10.00am – 11.30am

Cost: Gold coin donation per session

Let's Talk Parenting

Let's Talk Parenting is a strength based programme, which invites parents to develop a personalised approach to their family, based on the family's own values and beliefs. Parents will learn and explore skills around helping their family with emotional and behaviour management, discipline and resilience, all within a framework of child development. Parents will share experiences and ideas within a safe group setting and build on and enhance their own strategies to build confidence and capacity in their parenting.

Where: Patterson St Ringwood East Site

When: Monday 14 Oct – 18 Nov 2019
10.00am – 12.00pm

Cost: Gold coin donation per session

LOCAL SELF-HELP GROUPS

Heartbeat Victoria Inc.

Promotes social activities, reassurance, friendship, education, wellbeing and walking groups. For further information, please Lynda on 0409 167 449 or 9560 7816.

Puffing Billies – Chronic Lung Disease Support Group

For further information, please phone Veronica on 9758 0768 or 0407 341 114.

CHILD DEVELOPMENT TEAM

Child Development is the term used to describe the changes in a child's physical growth, as well as their ability to learn the social, emotional, behavioral, communication, and movement skills needed for life. Therapy and consultation is provided by speech therapists and occupational therapists through individual therapy, group therapy and a number of parent training talks listed below.

***A Child Development phone conversation is required before attendance at any Talk.**

Toddler Talk

An Interactive talk to empower parents with skills to help their 2-3 year old child develop early speech and language through play

Where: Francis Cres Ferntree Gully Site

When: Monday 7 Oct 2019
1.00pm-2.30pm

Language Talk

For parents of 3-5 year old children to learn how to improve their child's talking and understanding for telling stories, following instructions and play skills.

Where: Francis Cres Ferntree Gully Site

When: Tuesday 17 Sep 2019
1.30pm-2.30pm

School Readiness Talk

An interactive talk for parents to learn skills to support their child's development of listening, writing and play skills for school

Where: Patterson Street Ringwood East Site

When: Monday 7 October 2019
1.30pm-2.30pm

Sensory Processing Talk

For parents of children who have difficulty paying attention and staying calm when they are overloaded by sensory information. Learn strategies that could help your child return to their "calm and ready to learn" state.

Where: Francis Cres Ferntree Gully Site

When: Friday 6 December 2019
1.30pm-2.30pm

Getting Ready for Kinder Talk

For parents of children going to Kinder next year. Come and learn about development of listening, social, and independence skills that will help your child flourish at kindergarten

Where: 72 Francis Cres Ferntree Gully

When: Friday 18 October 1.30-2.30pm

Articulation talk

For parents of 3 ½ -5 year old children to learn how to help their child learn new speech sounds through fun games within a home program

Where: 75 Patterson Street Ringwood East

When: Monday 28 Oct 9.30-11.00am & 1.00-2.30pm

ORAL HEALTH

Children

*Dental Services are available for FREE for all children from ages 0-12

*There are no waiting lists for children and they are recalled every 12, 18 or 24 months depending on the child's risk of dental disease.

Youth

*Eligible teenagers (Health Care Card or Pensioner Concession Card holders aged between 13 and 17 years)

*No Fee

*There is no waiting list for youth care

Free Dental Care is not just for Health Care Card Holders

The Child Dental Benefit Scheme entitles eligible children aged 2-17 years old to general dental care up to the value of \$1000 over two years. Eligibility applies to families who receive Family Tax Benefit Part A or a relevant Australian Government payment. Children and youth who attend public dental clinics will not incur out of pocket expenses.

Adults

Please note dental fees have increased

*All adults who are Health Care or Pensioner Concession Card holders are eligible for dental treatment. Waiting lists and fees apply.

*\$28.50 fee per visit. Maximum of

*\$114.00 for general dental care

*\$28.50 flat fee for emergency appointments

Dentures are a separate cost - \$68.50 per denture capped at \$137.00

Priority Access

Aboriginal, Torres Strait Islanders, Refugees, Asylum Seekers and clients that belong to a funded, agency specific special needs program have priority access to the Oral Health Program.

*No Fees or Waiting Lists

Pregnant women who hold a Health Care Card or Pensioner Concession Card are also eligible for priority access. **Fees apply - \$28.50 per visit.**

Private Practice

A private practice is held every Wednesday at our Burwood Hwy Ferntree Gully Site. This is suitable for clients who do not hold a health care card or pension card.

***Private fees apply.**

Where: Burwood Highway Ferntree Gully Site and Warrandyte Rd Ringwood Site

When: Monday to Friday

SERVICES

Tobacco Free Clinic

The Tobacco Free Clinic offers support for people seeking to reduce or quit smoking. The Tobacco Free Clinic offers:

- Full assessment
- Up to 12 individual tailored follow up appointments
- Specially-trained counsellor
- Supervised use of Nicotine Replacement Therapy and Carbon Monoxide testing
- Relapse prevention support

Where: Burwood Hwy Ferntree Gully Site & Patterson St Ringwood East Site

When: Monday - Thursday

Health Psychology Service

The health psychology Service offers specialised counselling to support people with health conditions develop healthy, hopeful and meaningful lives.

The service provides individual health-related counselling with a registered health psychologist to support you best manage the challenges of living with health concerns:

- Living with health issues can be challenging and it's common to feel worried or down; talking with someone can help
- Your health can impact on other areas of your life; counselling can build your resilience
- Psychological treatments can provide guidance and support for creating healthy lifestyle change
- Your health psychologist can work closely with you and your health team to support a holistic approach to your wellbeing

Where: Burwood Hwy Ferntree Gully Site:
Wed & Fri 9.00am – 5.00pm

Cost: * from \$11.00 low income
\$18.00 medium income

Further details: A GP referral is not required.



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Disclaimer: Although funding for this newsletter has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



Patterson Street Ringwood East Site

Address:
75 Patterson Street, Ringwood East



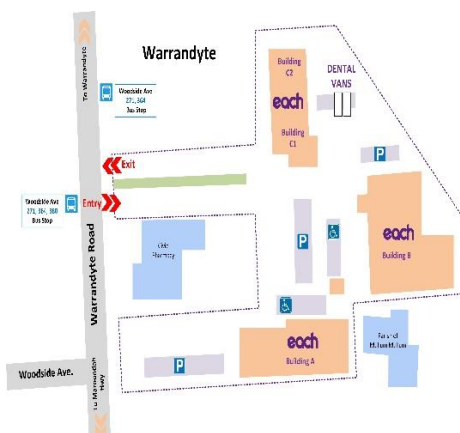
Burwood Highway Ferntree Gully Site

Address:
1063 Burwood Highway, Ferntree Gully



Francis Crescent Ferntree Gully Site

Address:
72 Francis Crescent, Ferntree Gully



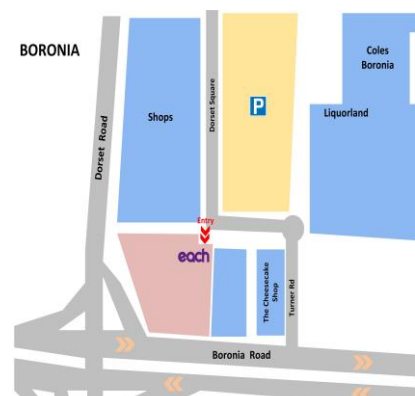
Warrandyte Rd Ringwood Site

Address:
46 Warrandyte Rd, Ringwood



Capital City Blvd Wantirna South Site - Headspace

Address:
Westfield Knox Ozone, Wantirna South



Boronia Rd Boronia Site

Address:
93 Boronia Rd, Boronia