



July - Sep 2021

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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Site Maps & Addresses

*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.

MBS Exercise Physiology Services

Bulk Billed exercise Physiology: specialises in exercise prescription for diabetes, cardiac and respiratory conditions.

To access this service, 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

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: 1.15pm–2.15pm

Intermediate Tai Chi: 2.30pm–3.30pm

Where: Patterson St Ringwood East Site – Freeman St Church

When: Wednesdays

Advanced Tai Chi: 9.30am–10.30am

Shibashi: 10.45am–11.45am

Cost: * from \$9.00 per session

Where: Online via Zoom

When: Thursdays

Shibashi: 9.30am–10.30am

Cost: * online no charge

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

Community Gym

A friendly gym environment, where clients of all abilities can work on their fitness, strength, mobility and functional tasks. With the assistance of physiotherapists, exercise physiologists and allied health assistants, clients have an assessment and a structured individual program is developed. It is a fun, positive and welcoming place to exercise!

Where: Patterson St Ringwood East Site – Freeman St Church

When: Friday 1.30pm–3.30pm

Cost: * from \$9.00 per

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 afternoons

Where: Aquahub
11 Civic Square, Croydon

When: Tuesday mornings

Where: Aquanation
Greenwood Ave, Ringwood

When: Thursdays & Fridays

Cost: * from \$11.00 per session

Further Details: A waiting list may apply

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.

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:
Conditioning: Tuesday 11.00am-12pm
Strength: Tuesday 9.30am – 10.30am

Cost: * from \$9.00 per session

Further details: Assessment required

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: Burwood Hwy Ferntree Gully Site – Shire Hall

When: Friday mornings

Cost: * from \$9.00 per session

Where: Patterson St Ringwood East Site – Freeman St Church

When: Monday mornings & afternoons

Cost: * from \$9.00 per session

ACE (Active Chair-based Exercise)

Chair based exercise group designed for people who are frail or have limited ability to exercise. This weekly program involves a combination of gentle exercise to music, strength training, relaxation and activities promoting mobility and independence.

Where: Burwood Hwy Ferntree Gully Site -Shire Hall

When: Tuesday 1.00pm – 2.00pm
Thursday 10.30am – 11.30am

Cost: * from \$9.00 per session

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

When: Monday 1.30pm-2.45pm
Thursday 10.00am-11.00am

Cost: * from \$9.00 per session

Where: Online

When: Thursday 11.00am-11.45am

Cost: * from \$9.00 per session

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 program is a combination of education, advice and supervised exercises.

Where: Burwood Hwy Ferntree Gully Site – Courthouse

When: Friday 1.30pm – 3.30pm

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

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: Patterson St Ringwood East Site – Freeman St Church

When: Tuesdays afternoons
Fridays mornings

Cost: * from \$9.00 per session

REFUGEE HEALTH

The Refugee Health Program supports people of refugee, and asylum seeker backgrounds living in the Eastern region. This program offers:

- General Practitioner Specialty clinics
- Nurse Practitioner Clinic
- Comprehensive Health Assessments/ Care Planning
- Internal & External referrals
- Catch-up Immunisation and Mantoux testing
- Community Health education

Where: Patterson Street Ringwood East

When: Monday – Friday 8.30am-5pm

Cost: Bulk billed or no cost

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: Online

When: Mon 2 Aug – 6 Sep 2021
1.30pm-3.00pm

Where: Patterson St Ringwood East Site – Freeman St Church

When: Tue 27 July – 31 Aug 2021
1.30pm-3.30pm

Cost: * from \$60.00 for singles & \$95.00 for couples/friends attending together.
(Note: fees differ for packages of care/NDIS)

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 Thursday 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: Online

When: Monday 7 June – 16 Aug 2021
Monday 13 Sep – 22 Nov 2021
10.00am – 11.00am

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

National Disability Insurance Scheme (NDIS)

Each is a registered NDIS provider for people up to 65 living with disabilities and children 0-7 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.

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.

SEXUAL & REPRODUCTIVE HEALTHCARE CLINIC

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

- General Practitioner Specialty Clinics
- Sexual Health Checks
- Contraceptive Choices including long acting reversible contraception (IUD)
- Cervical Screening Tests (Pap test)
- Breast Health Checks
- Free vaccination for vulnerable groups
- Menstrual Health Care
- Medical Termination of Pregnancy

Where: Patterson Street Ringwood East Site

When: Monday – Friday 8.30am-5pm

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.

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 & Patterson St Ringwood East Site

When: Monday - Friday

Cost: Bulk billed

DIETETICS

Online Supermarket Tour

This online group program provides information on:

- Label reading
- What to look for to choose a healthy food product
- Opportunity to ask a Dietitian any questions you have about food and nutrition.

Where: Sessions are run online using Zoom

When: Dates for 2021 are:

- Wed 9 Jun 10.30am-11.30am
- Mon 23 Aug 1.30pm-2.30pm
- Thu 4 Nov 11.00am-12.00pm

Cost: Free

Further details: Bookings are essential. Phone Melisa 9757 6295 or email dietetics@each.com.au

DIABETES EDUCATION

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

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.

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 three-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

When: Monday 26 Jul – 9 Aug 2021
1.00pm-3.00pm

Cost: \$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: Mon 13 Sep – Fri 17 Sep 2021
9.00am-5.00pm

Further details: Bookings are essential

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

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

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.

Where: Burwood Hwy Ferntree Gully

When: Tuesdays 1.00pm-2.30pm
Fridays 11.00 – 12.30pm

Stepping Out

A group for women who have experienced family violence, who may be dealing with issues such as supporting children, legal matters & coming to terms with previous abuse. Sharing experiences with others who understand in a structured supportive environment can help in becoming more assertive, growing self-esteem, putting boundaries in place, and supporting children.

Where: Ringwood (exact location confirmed on registration)

When: Tuesday 20 Jul – 24 Aug 2021
10.00am-12.00pm

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

When: Thursday 29 Jul – 2 Sep 2021
10.00am – 12.00pm

Cost: Gold coin donation per session

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: Online via Zoom

When: Tuesday 3 Aug – 24 Aug 2021
10.00am – 11.30am

Cost: Nil

Materials Required: Paper for writing/journal and a pen.

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.**

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: Mon 19 Jul – 6 Sept 2021
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: Thu 22 Jul – 9 Sep 2021
10.00am – 11.00am

Cost: Gold Coin Donation

Toddler Talk

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

Where: Online Q & A Zoom Session

When: Fri 9 Jul 10.30am-11.15am

Where: Boronia Rd Boronia Site

When: Tue 13 Jul 9.30am-10.15am

Fussy Eating Talk

An information session for parents of young children to support strategies for calmer eating.

Where: Rowville Library

When: Thu 2 Sep 10.00am-11.00am

Contact: Su-Ling Lim

Paediatric Dietetics

Our dietitian works with families to help children with feeding issues or concerns to create positive meal time environments building on trust, connection & enjoyment. We can provide strategies to help families put the joy back into eating. If you are concerned about your child's fussy eating or weight, our dietitian can help.

Where: Boronia Rd Boronia Site

When: Monday - Friday

EACH Child

EACH Child is a 122 place Long Day Care Centre providing early childhood education, kindergarten programs and care for children from 6 months to 5 years of age.

Where: Patterson St Ringwood East Site

When: Monday – Friday 6.45am-6.15pm

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.

ORAL HEALTH SERVICE

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.

*\$29.50 fee per visit. Maximum of

*\$118.00 for general dental care

*\$29.50 flat fee for emergency appointments

Dentures are a separate cost - \$70.50 per denture capped at \$141.00

Priority Access

Aboriginal, Torres Strait Islanders, Refugees, Asylum Seekers, Homeless people 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 - \$29.50 per visit.

Please inform reception if you are eligible for priority access.

Private Practice

A private practice is held every Wednesday and Friday 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

WELLNESS SERVICES

Health Psychology

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

A registered health psychologist can 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
- Telehealth is available

Where: Burwood Hwy Ferntree Gully Site / Telehealth:
Wed - Fri 9.00am – 5.00pm

Cost: \$11.00 low income / \$18.00 medium income / Telehealth no cost

Further details: A GP referral is not required.

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
- Telehealth available

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

When: Monday - Thursday 9.00am-5pm

Cost: \$11.00 low income / \$18.00 medium income / Telehealth no cost

The Wellness Hub

A 4 week healthy lifestyle group program run by exercise physiologist, health psychologist, nurse and dietitian. Incorporating health education sessions alongside gentle tailored exercise.

We will discuss all things health to support you to manage current health conditions as well provide advice about prevention of further health conditions developing.

Where: Burwood Hwy Ferntree Gully Site / Online available

When: Wednesday 21 Jul – 11 Aug
1.30pm-3pm

Cost: \$9.00 per session / No cost online

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.

Please be aware that all groups and services are subject to change depending on recommendations made in relation to COVID-19



ACKNOWLEDGEMENTS

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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

* Patterson St Ringwood East Site – Freeman Street Hall/Meeting Room/Church are accessed via Freeman St