

## GROUPS, PROGRAMS & WORKSHOPS

At Berwick, Cockatoo, Cranbourne, Doveton and Pakenham Sites

Please refer to our Cardinia-Casey Service Brochure for a comprehensive list of services and programs offered or contact Access & Service Co-ordination Workers Tel: 8768 5147

SITE LOCATION	PHONE	FAX
<b>ACCESS &amp; SERVICE CO-ORDINATION PROGRAM</b> INFORMATION AND APPOINTMENT SERVICE	<b>8768 5147</b>	<b>8768 5174</b>
<b>AGED AND DISABILITY DAY CARE</b> 7 Mundaring Drive, Cranbourne	<b>5996 5339</b>	<b>5996 6328</b>
<b>BERWICK</b> 28 Parkhill Drive, Berwick Melways Ref: 110 J6	<b>8768 5100</b>	<b>9704 0043</b>
<b>ADMINISTRATION OFFICE</b> 36 Parkhill Drive, Berwick	<b>8768 5149</b>	<b>8768 5151</b>
<b>COCKATOO</b> McBride Street Melways Ref: 311 G5	<b>5968 7000</b>	<b>5968 7030</b>
<b>CRANBOURNE</b> 140-154 Sladen Street, Cranbourne Melways Ref: 133 J6	<b>5990 6789</b>	<b>5990 6207</b>
<b>DOVETON</b> 67 Power Road, Doveton Melways Ref: 90 K9	<b>9212 5700</b>	<b>9212 5711</b>
<b>PAKENHAM</b> Cnr Deveney St and Princes Hwy, Pakenham Melways Ref: 317 E6	<b>5941 0500</b>	<b>5941 0542</b>

## HEALTH PROMOTION PROJECTS

### CASEY INDOOR WALKS

As a part of Cardinia Casey CHS's physical activity initiative, three indoor walks are now up and running. These have been formed in partnership with Dandenong District Division of General Practice, YMCA, City of Casey, community representatives and of course the three shopping centres, Centro Cranbourne, Westfield Fountain Gate and Endeavour Hills Shopping Centre. These supervised walks are a "go at your own pace" activity led by a qualified fitness instructor and suitable for all levels of ability. For further information contact Health Promotion Team on 5990 6139.

### DENTAL HEALTH PROMOTION

Cardinia-Casey Community Health Service is committed to developing and promoting good dental health. If there are any queries about dental health, particularly from parents and organisations that support young children, the dental health promotion worker is available as a resource. For further information please contact Berwick Site on (03) 8768 5141 or Cranbourne on (03) 5990 6226.

### HEALTH PROMOTION ACTIVITY – HILLS COMMUNITY GARDEN

Committee meets at the Community Health Service 4<sup>th</sup> Tuesday in the month. Contact Marlene Dalziel 5941 0500 or Shirley Phillips 5968 9642..

### HILLS MEN'S SHED

Located in Cockatoo offering regular opportunities for men of all ages to share ideas, skills and support each other in their own local community. Contact Marlene Dalziel 5968 7000 or Owen 5968 9678.

### CASEY TOBACCO WORKING GROUP

The tobacco guidelines for Youth Workers and Youth Service Managers were launched in September. These guidelines are to help youth workers and managers extend their skills, knowledge and practice when dealing with the tobacco issues of the young people they support. For a copy of the guidelines contact Health Promotion Team Mon or Tues 5990 6789.

### WOMEN WITH DISABILITIES & FAMILY VIOLENCE - IMPROVING SERVICE PROVISION

Reflecting Cardinia Casey Community Health Service's commitment to marginalised groups, the Health Service is focusing on the service provision experienced by women with disabilities who are victims/survivors of family violence. The Health Service is working in partnership with family violence and disability agencies servicing the Shire of Cardinia and the City of Casey to increase awareness of family violence issues as they relate to women with disabilities, identify service gaps, reduce service fragmentation and ultimately move service provision closer to best practice. For further information contact the Health Promotion Team 5990 6789.

### INCREASING ACCESS TO COMPUTERS AND THE INTERNET

Cardinia Casey Community Health Service is undertaking a partnership project focusing on increasing access to community-based computers and the internet. Access to low cost computers for purchase in the catchment (in partnership with Green PC) is also a focus. For more information contact Health Promotion Team on 5990 6137.

**TERM 1, 2010 BROCHURE**  
**27<sup>TH</sup> JANUARY TO 26<sup>TH</sup> MARCH 2010**



**To access our services and programs please phone**  
**Access & Service Co-ordination on 8768 5147**  
**Hours of Operation 9am – 4.30pm**

We offer a range of Service and Programs conducted by Health Professionals, aimed at providing you and your family with a choice of activities to better manage your health and wellbeing.

### OUR VISION

Southern Health is an Australian Leader in the planning and delivery of integrated high quality services that improve health status using all available resources to work in partnership with other service providers, consumers, community, government, educators and researchers.

### OUR MISSION

Community Health will collaborate with individuals, communities and organisations to enhance the health independence and wellbeing of our diverse and most vulnerable communities and provide safe, effective, innovative and accessible services, with a focus on those with or at risk of poorest health status and those most in need.

### OUR VALUES

At Cardinia Casey Community Health Service we will work together with: **I. C. A. R. E**

Integrity  
Compassion  
Accountability  
Respect  
Excellence

Act Fairly, Honestly and Openly  
Interact with Dignity and Empathy  
Take Ownership and Responsibility for Performance  
Value Difference and Individual Worth  
Aim for and Recognize innovation, Quality and Professionalism

## SERVICES



### TELEPHONE INTERPRETER SERVICE

This is a free service available by telephoning 131 450 and ask them to phone Appointment & Information Service 8768 5147.

### WOMEN'S HEALTH & WELLBEING SERVICE

Run by a women's health nurse providing pregnancy testing, pap testing, teaching of breast health examination and breast Health & screening information, unplanned pregnancy options counselling and offers the chance to discuss health issues such as fertility, menstruation, continence, menopause, (Hep B, Hep C & HIV) contraception and sexual health advice in a friendly and unhurried way. Available in Cranbourne, Cockatoo CCHS sites and Bunyip outreach  
For Cranbourne appointments, New clients Ph. 8768 5147.  
Existing clients ph 5990 6789  
Cockatoo & Bunyip appointments  
New and existing clients PH: 5968 7000  
Mon-Weds only

### KC AT THE SPOT sexual health service for young men & women aged 12-25. Free/low cost

Appointment or drop in service Tues 2-5pm, Cranbourne Integrated Care ph 5990 6789  
Staffed by Doctor and Nurse at our Cranbourne site.

### SEXUAL & REPRODUCTIVE HEALTH CLINICS (Family planning) no boundaries

Two low cost/free clinics available to males and females of all ages. Cranbourne is staffed by nurse and doctor and Doveton staffed by doctor both clinics run on a Tuesday by appointment only. Services provided include: contraception, S.T.I. infection and pap test screening, pregnancy testing and options, emergency contraception, Hep B&C an HIV, sexual health counselling. Fertility,implanon insertions and hormonal concerns Pathology onsite at Cranbourne only.

### ASTHMA EDUCATOR

Childrens Asthma Team is a HARP Program providing free paediatric asthma education to children aged 0-18 years. All children with asthma should have an Asthma Action Plan developed in conjunction with the family GP and use a spacer as a part of this plan. Referrals can be made by the GP, hospital or client through Care Streams Access on 9554 8951.

### LYMPHOEDEMA

We treat primary and secondary Lymphoedema only. It is important to have a referral letter with clear diagnosis that differentiates other forms of swelling. Cranbourne site Thu 9am-12noon. Access Service & Coordination Ph. 8768 5147.

### SOUTHERN HEALTH ORAL HEALTH SERVICES

Oral Health Services provides emergency and general dental care including dentures. The following services are available:

- Early childhood Oral Health Program (ECHOP) - 0 – 5 years
- School Dental Program (SDP) - 5 – 14 years

- Youth Dental Program (YDP) - 14 – 18 years
- Adult Dental Program (ADP) - 18+ years

All children until the end of primary school year level 6 are eligible to access either ECHOP or SDP. If you hold a current Health Car Card (HCC) or Pensioner Concession Card services are free. For non card holders there is a co-payment of \$28 per child per course of care with a maximum per family (children only) of \$112.

To access the YDP you must hold a HCC or Pensioner Concession Card or be the dependant of a card holder. The service is free and wait lists do not apply.

To access the ADP you must hold a current HCC or Pensioner Concession Card. Co-payments and a wait list apply.

Further information can be obtained by contacting

- Cranbourne Ph: 5990 6226
- Berwick Ph: 87685141
- Pakenham Ph: 5941 2644

### NSP SERVICE

The Cardinia-Casey Community Health Service NSP operates from the Cranbourne, Pakenham, Cockatoo and Doveton Sites. The NSP promotes safe injecting drug use-Reduce the risk of H.I.V, Hepatitis B or Hepatitis C and supports the safe disposal of used needles and syringes. This service has a commitment to providing a confidential, non judgemental and accessible service. Contact Lucy Wickham on 5990 6137.

### PROBLEM GAMBLING

Problem gambling counsellors work out of the Berwick, Cranbourne and Pakenham sites. Problem gambling financial counsellors are available in other locations. Appointments can be made by ringing Gambler's Help southern Intake on 9575 5353 during business hours or for urgent attention you can contact Gambler's Help 24 hour telephone service on 1800 156 789

### CHRONIC CONDITIONS PROGRAM

Support for adults with long term health problems including diabetes, cardiovascular, respiratory and non-malignant musculoskeletal conditions. Clients are encouraged to maintain independence and establish self management strategies and activities that promote and improve health. Contact Access Service & Coordination Ph. 8768 5147.

### HEALTHY MOTHERS HEALTHY BABIES PROGRAM

The HMHB program works with pregnant women who need extra support accessing antenatal care or who are not engaged in antenatal care. HMHB staff actively outreach to engage women and support them during their pregnancy to enhance health outcomes for themselves and their babies. HMHB staff provide one to one practical support, referral and linkages to relevant services and advocacy for women and their babies. Contact Access Service & Coordination Ph. 8768 5147

### GROUPS

#### BETTER HEALTH SELF MANAGEMENT PROGRAM

The Chronic Conditions team also offer the Better Health Self Management course - a 6

week course for people who would like to make positive changes to health behaviours. To find out when the next course starts please ph 5990 6789 and ask to speak to a member of the Chronic conditions Program.

#### AQUATIC PHYSIOTHERAPY

- (1) Six week program treatment group for people with specific conditions. Client attend the Dandenong Hospital Pool. Mon 11.15am-12.15pm, & Thurs 12:00 - 1:00pm (Dandenong Hospital Pool).
- (2) A six week program at Blue Hills Residences, Cranbourne. Physiotherapy assessment required. Tue 10.15am-11.15am
- (3) Berwick Aquatic Physiotherapy (on Tue mornings 9am-9.45am  
Access Service & Coordination Ph. 8768 5147.

#### FUN AND FITNESS GROUP

8 weeks of strength training and aerobic exercise for people with a disability  
Berwick site: Thurs 8:45 - 9:45. Access Service & Coordination Ph. 8768 5147.

#### LOW IMPACT GROUP I & II (DOVETON)

Do you think you could benefit from exercise, but struggle to get started? If you feel unmotivated to do your exercise program at home, this is a good opportunity for you to join the "Low Impact Exercise Group". This is an exercise program tailored to increase your motivation to exercise in a supervised environment and increase your confidence for independent management. To join the group, you simply need to be referred by your treating physiotherapist. You can join us to do your weekly program under the supervision of our friendly physiotherapist assistant. Doveton Site  
Fridays 9.00-10.00 Gentle: 10.30-11.30  
Referral from Physiotherapist. Cost \$4.00

#### CONVERSATION GROUP

An 8 week multidisciplinary group for people who have aphasia (acquired language difficulties). Participants work to develop and extend their communication skills with conversation, activities and outings. Referrals for Speech Pathology assessment can be made for people with aphasia living in the Shire of Cardinia or the City of Casey. Access Service & Coordination Ph. 8768 5147.

#### GET FIT GROUP

For people of age 65+ Individualized exercise for mobility and strength. Access Service & Coordination Ph. 8768 5147.

#### NO FALLS EXERCISE GROUP

Exercise group designed to decrease risk of falls. Cranbourne site, Mon: 2 - 3pm & 3-4pm. Access Service & Coordination Ph. 8768 5147.

#### FALLS PREVENTION GROUP

Free service. Community education talks on falls prevention, dangers in the house and community. Sessions on request. Contact Marlene Dalziel 5941 0500 or Sue Indian 5997 9679..

#### GENTLE EXERCISE GROUP

Gentle exercises for the older age group to maintain joint movement & overall flexibility. Letter of referral from GP required. Cranbourne site: Mon 9.30-10.30am, and Tue 1.30-2.30pm. Access Service & Coordination Ph. 8768 5147.

#### DIABETES HEALTHY OPTIONS GROUP

Provides the opportunity for a person with diabetes and their families to obtain the

knowledge and skills required to manage their condition in a supportive environment. Access Service & Coordination Ph. 8768 5147.

#### STRENGTH TRAINING

Level 4 Fitness Instructor/ supervised. COTA endorsed program for older adults. Medical clearance from your GP or physiotherapist required. Time: subject to change. Tues: 8.45-9.45am Cockatoo - Reception 5968 7000.

#### SUPERMARKET TOURS

Supermarket tours will be held throughout the year to provide information on healthy food choices and reading food labels to make shopping easier for you and the family. Cranbourne, Endeavour Hills, Fountain Gate: 9.30-11am or 7-8.30pm. Access Service & Coordination Ph. 8768 5147.

#### LANGUAGE GROUP - TODDLER MATTERS

An 8 - 10 week multi disciplinary group for young children aged under three (3) years. Access Service & Coordination Ph. 8768 5147.

#### BUB HUB

The Bub Hub Program is an early screening and support program for babies aged 0 - walking and their families who have had a difficult start eg prematurity, multiple birth etc. Our aim is to monitor and gently guide their overall development through play and enhancing the parent infant interaction. This group is run every alternate Friday at the Community Health Service and is facilitated by a physiotherapist, speech pathologist with support from a psychologist and dietician. For information and referral contact 8768 5147.

#### MAKING CHANGES - FOR WOMEN

When a relationship is dominated by criticism, abuse and/or control, it can affect how you feel about yourself & how you relate to those around you. The Making Changes Program is a holistic group program offering early support, structured education and help with moving on. Groups are facilitated by peers and professional staff. Takes place Monday or Wednesday morning during school term. Contact Access Service & Coordination Ph. 8768 5147.

#### RELAXATION WORKSHOP. (Initiative of the Chronic Conditions Program).

A 2 hour session; to assist people to develop relaxation methods that can be used at home. The group is open to anyone with a diagnosed chronic health condition and their carers. Workshops will be held throughout the year at different venues in the Cardinia - Casey catchment area. For enquires and bookings please contact: The Information and Appointment Service on 8768 5147.

#### WOMEN'S RECOVERY PROGRAM

The Women's Recovery program offers ongoing group work for women who have experienced childhood sexual assault. It comprises an 18 session therapeutic and skills based group which is run once per year on Thursdays. We also offer SEESAW, an ongoing therapeutic support group for women who have experience child sexual assault and this group meets fortnightly during school term on Fridays. Both groups are facilitated by professional staff and a peer facilitator. For further information contact Jane on 9212 5700.

#### ROAD TO RECOVERY

A 6 session program focusing on self management strategies to manage pain symptoms. Techniques include mindfulness, meditation, relaxation and the mind/body connection.

For further information contact Access Service & Coordination Ph. 8768 5147.

#### SUPPORT GROUPS

##### POST NATAL DEPRESSION GROUP

This group provides information and education about PND as well as offering understanding and support, practical strategies and the opportunity to develop self-esteem, assertiveness, and parenting skills. Cranbourne site (as requested). Access Service & Coordination Ph. 8768 5147.

##### NEW BEGINNINGS

New Beginnings is a support and educational group offering understanding, support and an exchange of ideas. This group is for women who maybe experiencing parenting adjustment issues, or at risk or experiencing Post Natal Depression with babies to toddlers.

The group runs every Monday during school term in Cranbourne. Access Service & Coordination Ph. 8768 5147.

##### CARER'S SUPPORT GROUP

Open to all carers who support someone at home. Group provides information and "time out" for carers. Held monthly: Cranbourne 2<sup>nd</sup> Tue (1.30-3.30pm). Access Service & Coordination Ph. 8768 5147.

##### BEREAVEMENT SUPPORT GROUP

A group providing information & encouraging discussion, understanding and supportive care amongst people who have bereaved within the past two years. Learn how to cope with grief and bereavement and find ways of both remembering and moving on. 1<sup>st</sup> Thur of month (10.45am - 12.15pm). Access Service & Coordination Ph. 8768 5147.

##### PLANNED ACTIVITY GROUPS - FRAIL AND ELDERLY

This is an ongoing program provided once per week, promoting friendship and companionship for the frail and isolated elderly. Activities include: gentle exercise, craft, guest speakers and outings. Aged Groups run: Mon, Thu, and Fri (10.00am-3pm). Specialised Groups/Men's activities Group: Tue. Disability Group: Wed (10am-3pm). Mundaring Drive, Cranbourne. Access Service & Coordination Ph. 8768 5147.

##### PLANNED ACTIVITY GROUP -PEOPLE WITH DISABILITIES & MEN'S ACTIVITIES

This is a fun & dynamic program providing activities for people with varying levels of disabilities. Activities such as gentle exercise, fun to music, mental agility games, indoor games, craft, woodwork, entertainment, special speakers & outings cater to the individual needs of each client (clients may attend 1 session per week). Men's Group : Tue. Mixed Group - Wed. Time: 10:00 a.m-3:00 p.m. Address: 7 Mundaring Drive, Cranbourne (Melways Ref: 133 J4)  
Access Service & Coordination Ph. 8768 5147.

#### WINGS

The group is aimed at developing social connections in local community, while exploring interesting & nurturing topics/ideas for women in general. The group meets once per week for 16 sessions at our Cockatoo site. Start date to be advised. Cost: \$5.00 per session. Contact Reception 5968 7000

#### MS CONNECTIONS GROUP

The program will focus on developing practical strategies to assist dealing with the challenges of MS in daily life.

Fatigue management, the role of exercise, emotional aspects of MS, memory and thinking skills, practical advice, modifying tasks, planning and organising, lifestyle issues.

Ring Access Service & Coordination Ph: 8768 5147 6 week program

#### EXTERNAL AGENCIES

##### DIABETES AWARENESS GROUP

Monthly meetings of this self help group for people with diabetes. Held at Pakenham Uniting Church: 1<sup>st</sup> Wed of month. Contact - Bev Hind 5940 1890..

##### PEER SUPPORT PROGRAM

Got a problem need to talk to someone? Don't want everybody to know your business? Covers Warneet, Canons Creek, Blind Bight, Tooradin, Lang Lang, Kooweerup, Bayles, Cora Lynn and out to Bunyip. Contact /leave message for peer support volunteer at KWRRHS on 5997 9679.

##### WALK AND TALK

Meet in a friendly environment for a fun walk, followed by a cuppa and a chat. A self management ongoing group.  
Mon & Wed: 9.30-11am, Uniting Church, Main St. Pakenham (leaves from LLINC,6B Henry St, Pakenham 3810). Contact Janice Deken 5941 5974, or Bob Deaton 5941 2426.

##### CARDIAC GRADUATES

An exercise and mutual support group for those who have suffered a vascular or cardiac condition and their partners. It offers weekly exercise and social discussion opportunities to keep focused on a healthy lifestyle. Close links to the support of CCHS Rehab team but very much a self help focus.

Tue: 1.30pm at Pakenham Uniting Church. Contact Alie Kip 5968 1411.

##### DRINK DRIVE PROGRAM (SEADS)

Dandenong Faye / Jenny 8792 2330