

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 Community Access Workers Tel: **8768 5147**

SITE LOCATION	PHONE	FAX
COMMUNITY HEALTH ACCESS	8768 5147	8768 5174
AGED AND DISABILITY DAY CARE 7 Mundaring Drive, Cranbourne	5996 5339	5996 6328
BERWICK 28 Parkhill Drive, Berwick Melways Ref: 110 J6	8768 5100	9704 0043
COCKATOO McBride Street Melways Ref: 311 G5	5968 7000	5968 7030
CRANBOURNE 140-154 Sladen Street, Cranbourne Melways Ref: 133 J6	5990 6789	5990 6207
DOVETON 67 Power Road, Doveton Melways Ref: 90 K9	9212 5700	9212 5711
PAKENHAM Near the cnr Deveney St and Princes Hwy, Pakenham Melways Ref: 317 E6	5941 0500	5941 0542

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 4th 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 Owen 5968 9678 or Colin on 5968 8126.

TALKING HEALTH

An innovative project partnering with Hairdressing businesses in the Shire of Cardinia, working together to support women experiencing mental health issues including family violence. Contact Shakti McLaren 5941 0500.

TERM 3, 2010 BROCHURE
12TH JULY TO 17TH SEPTEMBER 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 Community Health Access 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 CCCHS sites and Garfield outreach For Cranbourne appointments, New clients Ph. 8768 5147. Existing clients ph 5990 6789 Cockatoo & Garfield 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. Community Health Access 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 5990 6137.

NO INTEREST LOAN SCHEME (NILS)

Cockatoo & Hills No Interest Loan Scheme (NILS) is a community partnership that facilitates the purchase of essential brand new household goods and other necessities, using safe and accessible credit with no interest charged.

WE ENCOURAGE YOU TO APPLY

- Eligible residents must live in one of the following postcodes: 3159, 3781, 3782, 3783, 3808 (for at least 6 months)
- Be in receipt of a health care card or similar benefit
- Have the capacity to repay the loan on a fortnightly basis over 12 months.

Telephone: 5968 7000 or 0427 895 596 or email cockatoonils@whise.org.au

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 Community Health Access 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 Community Health Access Ph. 8768 5147

GROUPS

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 Community Health Access Ph. 8768 5147.

BETTER HEALTH SELF MANAGEMENT PROGRAM

The Chronic Conditions team 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.

COCKATOO LADIES GROUP

Partners of Men's Shed participants and interested ladies share skills and socialise on the First Wednesday each month at 1.30pm at the Health Service meeting room. Enquiries to Marlene on 5968 7000.

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 can be made for people with aphasia living in the Shire of Cardinia or the City of Casey. Speech Pathology, Cranbourne Integrated Care Centre Ph. 59906789.

DADS & KIDS SCHOOL HOLIDAY PROGRAM

This program encourages Dads and their children (aged 4-12) to spend quality time together via outdoor activities in various parks and playgrounds in the City of Casey. Programs run during the day (10am-3pm) during school holidays. Transport, snacks and lunch provided. For more information contact Andrew Gabriel or Chris Yugusuk on 9212 5700 or 5990 6789.

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. Community Health Access 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..

FUN AND FITNESS GROUP

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

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. Community Health Access Ph. 8768 5147.

GET FIT GROUP

For people of age 65+ Individualized exercise for mobility and strength. Community Health Access Ph. 8768 5147.

HILLS MEN'S SHED GROUP

The Hills men's shed group meet every Wednesday afternoon from 1.00pm at the Health Service meeting room at Cockatoo. Enquiries to Owen on 5968 9678 or Colin 5968 8126.

LANGUAGE GROUP - TODDLER MATTERS

An 8 - 10 week multi disciplinary group for young children aged under three (3) years. Community Health Access 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

NO FALLS EXERCISE GROUP

Exercise group designed to decrease risk of falls. Cranbourne site, Mon: 2 - 3pm & 3-4pm. Community Health Access 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. Community Health Access 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 further information contact Community Health Access 8768 5147.

FEMMES FATALES

A social group for young and middle-aged women with acquired disabilities. This group is aimed at promoting social connection between women in the City of Casey who are isolated due to acquired disabilities. This group meets every alternate week. The activities are planned by the participants and are aimed at empowering and equipping women. Activities include Aromatherapy, Belly Dancing, Card Making, Cooking Demo's, Outings, Special speakers and entertainment. Alternate Friday: 11.00 a.m. to 2.00 p.m. For further information contact Community Health Access Ph. 8768 5147

GENTLE EXERCISE AND RELAXATION GROUP

This group is for women with challenging health issues. Venue: Outlook 24 Toomuc Valley Rd, Pakenham. Thursday 22nd July for 8 weeks 10.30am for 70 minutes. Bookings: Phone 5941 1535. For more information call Shakti 5941 0500 Cost \$4.00 (HCC or low income) or \$10

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 Tuesday morning during school term. Contact Community Health Access Ph. 8768 5147.

PLANNED ACTIVITY GROUPS - FRAIL AND ELDERLY

The PAG program promotes social inclusion by providing activities and outings for the frail and isolated elderly in the City of Casey. Activities include: gentle exercise, entertainment, games, craft, guest speakers and outings. PAG Frail aged groups run on Monday and Thursday (10.00a.m. to 3.00 p.m.) at 7 Mundaring Drive, Cranbourne. For further information contact Community Health Access Ph. 8768 5147.

PLANNED ACTIVITY GROUPS - Friday Ladies Social Club

This is a social group for women in the age range of 70+. Women who are isolated and live in the City of Casey are eligible. Activities are planned by the group participants and may consist of outings, special speakers, craft and demonstrations, nurturing topics. This group meets once per week on Friday from 10.00a.m. to 3.00 p.m. at 7 Mundaring Drive, Cranbourne. For further information contact Community Health Access Ph. 8768 5147.

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

This is a fun & dynamic program for individuals in the age group of 25 to 60. These groups are based on the the HACC active service model. The activities are intended to motivate and equip the participants. Activities such as outings, fishing, craft, special speakers, woodwork, mental agility games, entertainment and more are aimed at promoting friendship and companionship in the group. Location: 7 Mundaring Drive, Cranbourne (Melways Ref: 133 J4) Men's Group: Tuesday (10.00 a.m. to 3.00 p.m.) Mixed Disability Group: Wednesday (10.00 a.m. to 3.00 p.m.) Community Health Access 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: Community Health Access on 8768 5147.

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 Community Health Access Ph. 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.

WELLNESS FOR WOMEN

Offering fun, support and a sense of belonging for local women. Tuesday mornings during school terms. Outlook Community Centre Pakenham Melways 316 A4 gold coin donation Bookings 59410500

SUPPORT GROUPS

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. 1st Thur of month (10.45am - 12.15pm). Community Health Access 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 2nd Tue (1.30-3.30pm). Community Health Access Ph. 8768 5147.

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 Community Health Access Ph: 8768 5147 6 week program

REFUGEE SUPPORT GROUP

A number of staff including multilingual staf are involved in various support opportunities in school and community settings supporting people of all ages. Enquiries to Andrew or Nida on 9212 5700.

EXTERNAL AGENCIES

DIABETES AWARENESS GROUP

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

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 CCCHS 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

COMMUNITY WALKING GROUP AT COCKATOO

This walking group meets every Tuesday and Thursday at 9am leaving the bowling club car park at Alma Treloar Reserve. For details ring 5968 7000.