



## Inspiro opens in Healesville

On Monday 20th March, Inspiro will open a new clinic in Healesville at 333 Maroondah Hwy. Initially we will be providing Physiotherapy; and Drug and Alcohol, Family Violence, and Youth and Family Counselling services. In future we will offer dental services with a new dental chair.

## Inspiro wins contract to provide Youth and Family Counselling Services for Yarra Ranges Council

In late 2016, Inspiro was awarded the Yarra Ranges Council contract to provide Youth and Family Counselling services. The service is being transitioned from Council to Inspiro with the process to be completed by 1st July.

From Monday 20th March, Inspiro will take over all new clients for Youth and Family Counselling, while Council's service will continue to see pre-existing clients until end of June.

Inspiro will be providing the free youth counselling service for young people between 12 – 25 years who may be dealing with depression, anxiety, bullying, harrasment or managing relationships. The service will be helpful for young people who may be feeling down, stressed out, anxious or confused, or need help to gain life skills and build their confidence. Clients will be able to see one of our counsellors in Lilydale, Healesville, Tecoma or Yarra Junction for up to 12 sessions, free.

**If you know of someone who would benefit from this service, please contact our Intake team on 9738 8801.**

## New state-of-art dental chairs

Over the Christmas/New Year holidays, Inspiro installed new state-of-the art dental chairs in all our surgeries at Lilydale. Clients are able to sit in greater comfort in the ergonomically designed chairs.

We also installed new digital cameras and x-ray machines that take images inside the mouth. The photos and x-rays are available immediately for dentists to review and show clients. Our dentists can also access the digital images quickly if needed at a client's next visit.



## Meet some of our inspiring staff



**Sharon Ellis**  
Alcohol & Drug Counsellor

Sharon has a family therapy background and she enjoys helping families deal with difficult challenges and trauma.



**Cathy Imperial**  
Dental Therapist

Cathy leads our Dental Outreach program to primary schools, kinders and child care centres. She adores working with kids and teaching them how to care for their teeth.



**Luna White**  
Aboriginal Health Promotion Officer

Luna recently joined Inspiro and has a history of working in remote aboriginal communities.

# Groups and programs

## Healthy eating

Are you an emotional eater? **NEW!**

Learn how to be in control of your eating, overcome emotional eating and improve your relationship with food.

**Where:** Lilydale

**When:** Starting 2017

**Time:** 5.00 – 6.30pm

**Cost:** 4 workshops, 8 – 15 people  
\$15 per session  
(Similar programs valued at \$300 – \$400)



## Healthy Supermarket Tours

An Inspiro dietitian will guide you to make healthy food choices in this educational and interactive program.

**When:** Held throughout the year

**When:** Lilydale & Tecoma

**Cost:** Free for Diabetes Victoria members, \$15 for others

**To book, call Diabetes Australia on 1300 136 588.**

## Wellbeing

### Finding Me Being Free

An 8-week group for women who have experienced past or current issues of family violence/abuse in their relationships. Topics include:

- Finding my strengths.
- Managing power and control issues.
- Finding equality in relationships.
- Options to increase safety.
- Effects of abuse on children and how supportive parenting helps.

**Where:** Lilydale

**Cost:** Free

### Stop Smoking Service

Learn about nicotine replacement and behaviour strategies to stop smoking.

**Where:** Lilydale

**Cost:** \$20 covers initial assessment and ongoing appointments.

### Communication Chat Group

This group is for people who have had a stroke and experience communication difficulties. The group is facilitated by a Speech Pathologist and uses strategies to build confidence and work towards communication goals.

**Where:** Lilydale

**When:** Thursdays

**Time:** 1.00 – 2.00pm

**Cost:** Free



## Youth

### Youth And Family Counselling Services

A free counselling service for young people between 12 – 25 years who may be dealing with depression, anxiety, bullying, harassment or managing relationships.

The service will be helpful for young people who may be feeling down, stressed out, anxious or confused, or need help to gain life skills and build their confidence.

**Where:** Lilydale, Healesville, Tecoma and Yarra Junction

**Cost:** Free



Inspiro's Youth and Family Counselling service is funded by the Yarra Ranges Council.

## Gentle exercise

### Hip Health Knee Knowledge Group

If you suffer from hip or knee pain, have been diagnosed with arthritis or are considering joint replacement surgery then this education and exercise group is ideal.

**Where:** Lilydale

**When:** 4 fortnightly sessions on a Thursday

**Time:** 10.00am – 12.00pm.

**Cost:** \$10 per session + \$10 for one-off physio assessment

### Tai Chi for Health

Tai Chi is a form of exercise and relaxation. This is a gentle exercise group to help improve strength, flexibility and balance to help prevent falls and manage stress.

**Where:** Lilydale

**When:** Mondays

**Time:** 9.30am – 11.00am

**Cost:** \$8 per session + \$10 for one-off physio assessment

### Aquatic Physiotherapy

Are you looking for a low impact treatment program?

Our physiotherapists can provide up to 6 sessions of exercise in the pool.

Great for those in rehabilitation or who have joint or muscle pain. Can be used together with your physiotherapy treatment.

**When:** Tuesdays

**Time:** 2.00 – 3.00pm

**Where:** Croydon Leisure & Aquatic Centre, 11 Civic Square, Croydon

**Cost:** \$10 per session



## Children and parenting

### Let's Play

This group program is run in partnership with Yarra Ranges Council and is for parents with children aged up to four years who would like support to play and interact with their children.

**When:** Wednesdays

**Time:** 10.00 – 12.00pm

**Where:** Rolling Hills Family & Children's Services  
54–56 Landscape Drive,  
Mooroolbark

**Cost:** Free

### Steady As You Go

A 15 week falls and balance exercise program for those whose mobility or balance may be deteriorating. The group is run in conjunction with Yarra Ranges U3A.

**Where:** Lilydale Court House  
61 Castella Street, Lilydale

**When:** Tuesdays

**Time:** 10.30am – 12.00pm

**Cost:** \$10 payable once for a physio assessment + \$50 annual U3A fee

Participants are required to join U3A

### STARS (School Transition & Readiness Skills)

This school readiness program is a fun, interactive group for pre-school aged children to get them ready for school.

The program is for children referred by the Sherbrooke Family Centre. All aspects of a child's development are addressed.

**Where:** Sherbrooke Family Centre  
1433 Burwood Hwy, Upwey

**Cost:** Free

### Healthy Mothers Healthy Babies

This program supports women who need additional help during pregnancy and up to six weeks after birth.

We help connect you to services such as housing, food and clothing, emotional support and advice.

### Water Exercise

A group water exercise program for the frail aged, held at Lilydale Sports Squash and Fitness Centre on Mondays.

**Please note:** For all exercise programs, an Inspiro Physiotherapist assessment is required before joining.

## Community services

**NSP** – Needle Syringe Program (self service).

**NIL** – No Interest Loans Scheme.

## Chronic disease

### Diabetes Annual Cycle of Care

This one-stop-shop clinic allows you to see a dietitian, podiatrist and diabetes nurse educator on the one day to help you manage your foot health, food and sugar levels.

**Where:** Lilydale.

Individual sessions.

**Cost:** \$10.

### Healthy Living Support Program

Do you have a chronic condition such as arthritis, diabetes and heart disease? You will be assigned a health professional for 12 months to link you to other health services and help you set and reach your health goals.

**Where:** Lilydale and Tecoma

Individual sessions

**Cost:** Free

### Life! Program

Are you at risk of having diabetes, heart disease and stroke? This free program includes one individual and five group sessions with a health professional to talk about how to lower your risk.

**Where:** Lilydale

Group program

**Cost:** Free

### Understanding Diabetes

This four session program (2 hours per week) will help you to understand and manage your diabetes with confidence. Sessions on managing your sugar levels and taking care of your eye sight, teeth, feet and body are included.

**Where:** Lilydale

Group program

**Cost:** \$7 per session



Inspiro respectfully acknowledges the traditional custodians, the Wurundjeri people past and present of the Kulin Nation. We are committed to working together to improve the health and wellbeing of Aboriginal peoples in our community.

# Diabetes Annual Cycle of Care Clinic

## An all in one service to complete your yearly diabetes related check-ups

For people living with type 2 diabetes.

This service is for clients with diabetes who wish to complete their annual cycle of care screenings all in one place at one time. This unique service allows you to see a dietitian, a diabetes nurse educator and a podiatrist in the same 90 minute appointment. The service is available fortnightly on a Tuesday. Clients will receive information and encouragement to make healthy lifestyle choices.

**When:** Fortnightly on a Tuesday  
Call to arrange a time

**Location:** 17 Clarke Street, Lilydale

**Cost:** \$10 per session

A once off assessment appointment with our Community Health Nurse is required before attending this clinic.

### Bookings are essential

Inspiro Community Health Nurse  
contact:

Sharita Medell: Monday – Thursday  
Direct phone: 9738 8868  
Email: [sharita.medell@inspiro.org.au](mailto:sharita.medell@inspiro.org.au)



**Phone: 9738 8801 Fax: 9739 4689**  
**email: [hello@inspiro.org.au](mailto:hello@inspiro.org.au)**  
**[inspiro.org.au](http://inspiro.org.au)**

**Lilydale** – 17 Clarke Street  
**Healesville**– 333 Maroondah Hwy  
**Tecoma** – 3/1527 Burwood Hwy  
**Upwey** – 1443 Burwood Hwy