

Do the survey enclosed to win an Apple iPad Mini

We need your help to improve our services. Please take 5 minutes to complete the short survey enclosed, or do it online at www.inspiro.org.au by 28 July 2017 for your chance to win an Apple iPad Mini or one of five \$50 gift vouchers.

Belgrave Community Hub Update

The building works for the Belgrave Community Hub where Inspiro's new office will open in 2018 is well underway. Located at 1616 - 1622 Burwood Hwy, the hub will provide essential services for the community that will complement the work that local GPs provide in the area. Services include Council's Maternal and Child Health, Youth Services and Aged and Disability Services, and Inspiro's services.



Congratulations to Inspiro Tertiary Health Scholarship Winners

Four talented Yarra Ranges students, Rebecca Williamson from Mooroolbark, Jasmine Madge from Lilydale, Jaimee Warren from The Patch and Zoe Vickers from Healesville have been awarded up to \$3,000 each in scholarships, as part of Inspiro's annual scholarship program.

Inspiro CEO, Karyn McPeake said, "This year's winners have demonstrated a passion to succeed and a strong commitment to help improve the health and wellbeing of our local community, ideals that Inspiro value greatly. Awarding this \$10,000 will make a big difference in the lives of these students and to our community."



Meet some of our new inspiring staff



Ashleigh Thomas
Podiatrist

Ashleigh joined us in February, bringing with her a wealth of experience working with sports injuries and other podiatric issues.



Jacinta Berndt
Children's Speech Pathologist

Jacinta recently joined Inspiro and has previously worked in a school for children with social, emotional and behavioral challenges.



Sabatinie Balasooriya
Youth Counsellor

Sabatinie enjoys working with youth and has previously been a counsellor at a Victorian high school.

Inspiro's healthcare services include:

- Dental
 - Counselling
 - Diabetes Education
 - Podiatry
 - Physiotherapy
 - Dietetics & Nutrition Advice
 - Adult & Child Occupational Therapy
 - Adult & Child Speech Therapy
 - Social & Family Support Groups
- For clients with DVA, TAC, NDIS, WORKCOVER fees are charged to the relevant funding body. GP Care Plans may have out of pocket costs.
• Bulk billing is available for Health Care, Pensioner Concession Card holders (no out of pocket costs).
• Child Dental Benefits Scheme welcome. Children 12 years and under are bulk billed (no out of pocket costs).
• Seniors, Health Care and Pension Card holders receive 10% off full dental fees.

Groups and programs

Healthy eating

Are you an emotional eater?

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

Where: Lilydale

When: Tuesdays 'sessional' bookings essential.

Time: 5.00pm – 6.30pm

Cost: \$15 per session



Is your child a fussy eater?

Our Accredited Practicing Dietitians will help parents and carers manage picky and fussy eaters to make meal times stress free.

Where: Lilydale

When: By appointment



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

Where: Lilydale & Mountain Gate

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

To book, call Diabetes Australia on 1300 136 588.

Community services

NIL – No Interest Loans Scheme.

NSP – Needle Syringe Program (self service).

Gentle exercise

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.

Where: Croydon Aqua Hub

When: Tuesdays

Time: 2.00pm – 3.00pm

Cost: \$10 per session + \$10 once off for a physio assessment.

Water Exercise

A gentle, lower intensity exercise class for those who have joint problems, arthritis or back pain, and those who find exercising on land difficult.

Where: Lilydale Squash & Fitness Centre

When: Mondays

Time: 2.50pm – 3.50pm

Cost: \$7 per session + \$10 once off for a physio assessment.



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: 9.30am – 11.00am

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

Participants are required to join U3A.

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 – 12.15pm.

Cost: \$10 per session + \$10 once off for a physio assessment.

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, 10.00 – 12.00pm

Where: Rolling Hills Family & Children's Services, Mooroolbark

Cost: Free

Little Joeys Playgroup

A playgroup for women with children aged up to 5 years, who have experienced family violence and are now in a safe living environment. The playgroup is facilitated by a Child and Family Clinician and an Allied Health Assistant.

Where: Japara House, Kilsyth

When: Tuesdays, 12.30pm – 2.30pm

Cost: Free



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, 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.

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

Move for Mobility

This gentle exercise group is ideal for people who want to improve their mobility. Most exercises can be done sitting or standing.

Where: Lilydale

When: Wednesdays

Time: 9.30am – 10.30am and 11.00am – 12.00pm

Cost: \$10 per session + \$10 physiotherapy assessment before commencement

Chronic disease

Healthy Living Support Program

For people with 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

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

Cost: Free

Diabetes Annual Cycle of Care

This service allows you to see a dietitian, a diabetes nurse educator and a podiatrist to complete your annual cycle of care screenings

Where: Lilydale

Cost: \$20 for 3 appointments, including an initial assessment.



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 blood glucose levels and taking care of your eye sight, teeth, feet and body are included.

Where: Lilydale

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.



Youth



Youth And Family Counselling Services

A free generalist counselling service for young people between 12 – 25 years who live, work or study in the Yarra Ranges, and 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.

Health Advice for Youth

Are you aged 25 or under and concerned about your health, but don't know who to ask? Our Community Health Nurse can help you address your concerns and connect you to the right health professionals.

Where: Lilydale
When: By appointment

Interlink

A program to support adults with intellectual disabilities develop their physical, social and intellectual potential and further their independence.

Where: Kallista Community House
When: Wednesdays
Cost: \$73 per term (includes all craft and outing costs)

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: Yarra Ranges location - TBC.
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.

Health Advice for Women

Inspiro's Community Health Nurse will be available to talk to you confidentially about any women's health issues including breast health, period concerns, menopause and contraception.

Where: Lilydale
When: By appointment
Cost: Free

The Graduates

An informal walking group for people who have suffered an illness, offering mutual support and encouragement while exercising.

Where: Lilydale
When: Tuesdays, 9.30am
Cost: Free



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



Stroke Support Group

For stroke survivors, their family and carers. We offer a relaxed atmosphere where you can find mutual support, information and friendship.

Where: Lilydale
When: 2nd and 4th Wednesday of each month.
Cost: Free (excluding excursion costs)

Friendship Group

For women who are isolated due to health or transport. We offer a range of outings to various locations for lunch, movies or activities chosen by the group. Transport can be provided.

Where: Yarra Ranges
When: Tuesdays, monthly
Cost: Depending on activity

Phone: 9738 8801 **Fax:** 9739 4689
email: hello@inspiro.org.au
inspiro.org.au

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