



World expert tips for parents with teens

In August, Inspiro hosted a free talk for parents with Dr Louise Hayes, a global expert in psychological wellbeing for young people. There was an overwhelming response with more than 300 parents and carers registering to attend the event at Lilydale High School. The informative talk focused on what parents and adults can do to help their teens thrive.

We have now put the advice from Dr Louise Hayes into 14 tips for parents with teens on our website:
<https://www.inspiro.org.au/blog/14-parenting-tips-for-teens>

2018 Annual General Meeting, 18 October, 4 - 5pm

We invite you to attend the 2018 Annual General Meeting (AGM) for Inspiro to hear about our work and highlights for 2017-2018. The AGM will be held at Inspiro Lilydale (17 Clarke Street, Lilydale) at 4pm - 5pm on Thursday 18 October 2018. Please RSVP to attend by Monday 15th October to Penny Taylor by phone 9738 8885 or email penny.taylor@inspiro.org.au

All community members are welcome.

Inspiro Belgrave opening hours have increased

Due to community demand, Inspiro has increased our opening hours. Our new hours are 8.45am - 4.45pm Monday to Friday. Services available at Inspiro Belgrave include counselling, diabetes education, dietetics, physiotherapy, podiatry, social support, occupational therapy for adults and kids, and speech therapy for adults and kids.

Private services are also now available at Belgrave. Physiotherapy, dietetics and podiatry appointments are available for patients wishing to use a GP Chronic Care Plan, their private health insurance or the private fee paying option.

Inspiro Insider turns digital after this edition

For a number of years, we have been mailing the Inspiro Insider newsletter to about 800 readers. Over the past year, we have been developing and growing our online weekly enewsletter to over 5,000 subscribers. The enewsletter enables us to get information to you quickly, on a more regular basis, in a richer format, and more cost effectively. Subscribers receive information about our services, health advice and tips, great dietitian approved recipes, job advertisements, events, and more.

From October 2018 onwards, we will no longer be producing and mailing the Inspiro Insider printed newsletter. Instead we will email our enewsletter to subscribers with an email address. To subscribe to receive the enewsletter, please email monica.logan@inspiro.org.au or go to <https://www.inspiro.org.au/inspiro-newsletter>

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. New program starts in 2019.

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.



Gentle exercise

Hydrotherapy Group

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 Leisure Aquatic Centre

When: Tuesdays

Time: 2.00pm – 3.00pm

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

Steady As You Go

A 12 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.



Type 2 Diabetes Group - Exercise Class

Classes include evidence based, prescription exercises whilst being social and having fun.

Where: Turn it Up Health and Fitness,
27 – 29 Market St, Lilydale

When: Tue & Thu 11.00am – 12.00pm
Mon & Wed 1.00 - 2.00pm

Cost: 8 sessions bulk billed by Medicare + 8 sessions at no extra cost. GP referral is required before booking an initial appointment.

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: Mondays

Time: 11.00am – 12.00pm

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

Children and parenting

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.



Chronic conditions

Better Health, Better Me

This program starts with a health assessment and can lead to a 12 month program to help you set and reach your health goals.

Where: Lilydale and Belgrave

Cost: Free

Understanding Diabetes

This four session program (2 hours per session) 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



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 Clinic

This service allows person with diabetes 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.

Community services

NIL – No Interest Loans Scheme.

NSP – Needle Syringe Program (self service).



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, Belgrave 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

Stop Smoking Service

Learn about nicotine replacement and behaviour strategies to stop smoking.

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

Sexual Health Clinic

Inspiro's Community Health Nurse will be available to talk to you confidentially about any sexual health issues.

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



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Lilydale – 17 Clarke Street
Belgrave – 1616 – 1624 Burwood Hwy
Healesville – 333 Maroondah Hwy