



Inspiro now open at the Belgrave Community Hub

Inspiro has opened a clinic at the the new Belgrave Community Hub. The clinic will be open on Tuesday, Wednesday and Thursdays, and we will be providing counselling, physiotherapy, podiatry, and occupational therapy and speech therapy for kids. Our clinics in Tecoma and Upwey have now closed.

Other services that have also moved into the Belgrave Hub include Yarra Ranges Council's Maternal and Child Health, Child Development Services and Youth Development Services, and Dandenong Emergency Relief Services.

To book an appointment with Inspiro at Belgrave, please call 9738 8801.

Free Youth and Family Counselling services

Did you know that Inspiro provides a free generalist youth counselling service for young people aged between 12 to 25 years who live, work or study in the Yarra Ranges? Our counsellors help young people who may be dealing with depression, anxiety, bullying, harrassment or difficult relationships, to gain confidence and skills to do things differently. The service is available from our clinics in Belgrave, Lilydale and Healesville or at other locations by arrangement.

Inspiro also offers other free programs for young people to meet others in similar situations and learn valuable new skills:

- **Space4Us:** a peer support program for young people aged 13 – 18 years, who have a family member with a mental illness, and
- **Autism Spectrum Kids:** a social development skills program for young people aged 12 – 17 years on the Autism Spectrum.

For more information, or to make an appointment please phone our Youth Counsellors, Leah or Sabatinie on 9738 8801.

Fun exercise group for people with Type 2 Diabetes

Exercise for Diabetes is a type 2 diabetes exercise class that can help you better manage diabetes. These fun exercise classes reduce glucose levels through a variety of different exercises suitable to your health.

Dates: Tuesdays and Thursdays Times: 11.00am – 12.00pm, 1:30 – 2:30pm

Location: Turn it Up Health and Fitness (next door to Inspiro Lilydale)

Cost: Bulk-billed 8 sessions by Medicare with additional 8 sessions at no extra cost.
Affordable packages for ongoing classes.

Places are limited. Call 9738 8801 to reserve your spot.

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.

Staying Steady

A 10 week exercise class to help improve your strength, balance and general fitness. This group is run in conjunction with Yarra Ranges U3A.

Where: Lilydale Court House
61 Castella Street, Lilydale

When: Fridays

Time: 10am – 11am

Cost: \$10 payable once off for a physio assessment + \$40 annual U3A fee

Participants are required to join U3A.

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 once off for a physio assessment + \$40 annual U3A fee

Participants are required to join U3A.

Exercise for Diabetes

A fun exercise class to help people with type 2 diabetes reduce glucose levels through a variety of different exercises.

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

When: Tuesdays and Thursdays

Time: 11am – 12pm

Cost: Bulk-billed 8 sessions by Medicare with additional 8 sessions at no extra cost. Affordable packages for ongoing classes. + \$10 once off for a physio assessment.

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.

NEW

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 4 years, who would like extra support. The playgroup is facilitated by a Child and Family Clinician and an Allied Health Assistant.

Where: Belgrave

When: Tuesdays, 10am – 11.30am

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: Belgrave

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

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

Where: Lilydale

When: Mondays

Time: 9.45am – 10.45am

Cost: \$8 per session + \$10 once off for for a 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: Mondays

Time: 11.00am – 12.00pm and 1.00pm – 2.00pm

Cost: \$10 per session + \$10 once off or a physiotherapy assessment

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 Belgrave

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

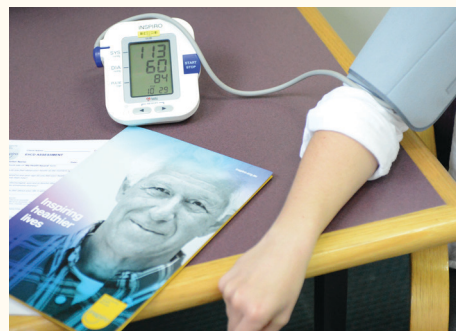
Cost: Free

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 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



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.

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

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

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)

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



Inspiro's healthcare services:

- Dental
- Counselling
- Podiatry
- Physiotherapy
- Social Support Groups
- Adult & Child Occupational Therapy
- Adult & Child Speech Therapy
- Dietetics & Nutrition Advice
- Diabetes Education & Community Nurses
- Family Support Groups

Phone: 9738 8801 Fax: 9739 4689

email: hello@inspiro.org.au

inspiro.org.au

17 Clarke Street, Lilydale

1616 – 1624 Burwood Hwy, Belgrave

333 Maroondah Hwy, Healesville