

Inspiro Insider

Autumn 2014

It's Bush Tucker Time in the Yarra Ranges!

We are excited to announce that Healesville Indigenous Community Services Association (HICSA) has been successful in receiving a grant from the Outer East Health & Community Support Alliance and Eastern Melbourne Medicare Local for the Bush Tucker initiative.

Traditional bush foods play a significant role in contributing to the cultural, spiritual and emotional wellbeing of Aboriginal people. With the transition from a traditional hunter-gather lifestyle to a settled Westernised existence, the Aboriginal diet has changed from a varied, nutrient-dense diet to an energy-dense diet, high in fat and refined sugars.

Together with Inspiro, Yarra Ranges Council and Healesville Living and Learning Centre, the joint Bush Tucker initiative aims to increase



awareness about nutritious and culturally appropriate foods to improve the health outcomes of Aboriginal people living in the Yarra Ranges.

Bush Tucker will include a series of workshops on how to grow, harvest, prepare and cook local traditional Aboriginal foods. The project will also feature a publication that illustrates traditional, local Aboriginal foods, to be created with the assistance of Elders.

Child Dental Benefits Schedule

Have you received your Child Dental Benefits Schedule letter from Centrelink?

If so, you can redeem your \$1,000 worth of dental service right here at Inspiro.

Call us on 9738 8801 to book an appointment.

We respectfully acknowledge the traditional custodians, the Wurundjeri people past and present of the Kulin Nation. We also pay respect to all Aboriginal Community Elders and people, past and present who have resided in the Eastern Metropolitan Region and have been an integral part of the history of this region.

Inspiro now offers exercise physiology in Lilydale and dietetics in Yarra Glen



Inspiro welcomes Natalie Rowe (pictured above), exercise physiologist, to our Lilydale clinic.

Accredited exercise physiologists are qualified to prescribe exercise for people with chronic disease, such as diabetes, arthritis, heart failure or ongoing pain.

Do you avoid exercise because of pain, weight, ongoing illness or lack of fitness?

Natalie can help you:

- relieve pain
- improve your heart health
- recover after a heart attack or cancer treatment
- prevent or control your diabetes
- improve your general health and wellbeing.

Skip the waitlist*...

...with your benefits from DVA, TAC, WorkCover, care plans from doctors or private health insurance.

If you don't have any of these, you can still access our private services for a low fee. Call our Intake team on 9738 8801.

* First available appointment

We would also like to introduce our newest dietitian, Hannah Evans. (pictured below)

Hanna works at Inspiro's Lilydale clinic on Thursdays and at Valley Primary Health Centre in Yarra Glen on Tuesdays. Hannah can give nutritional advice to those with specific health conditions or are simply interested in general wellbeing.



Karyn's Corner



We are here to help meet the health needs of the Yarra Ranges community and thanks to you, Inspiro is a leading local community health service.

But to continue delivering the right health services to the right people, in the right way, we need to understand the Yarra Ranges' evolving health needs.

This is why we have embarked on our consumer survey - done once every three years.

We have had a wonderful response from our community with lots of constructive feedback. Thank you to everyone who has taken part in this. We will also report on the iPad winner in the next edition!

I would also like to take this opportunity to thank our staff for their hard work in preparing for our latest accreditation, including the

clients and volunteers who kindly agreed to be interviewed as part of the process.

The feedback from the review team acknowledged the friendly, caring and supportive team at Inspiro. Our professional, respectful and compassionate staff were identified as a strength. We achieved an outstanding result by meeting 108 of 109 National Dental Standards and all 18 HACC standards. Yes, that means we continue to be accredited as a quality provider of services to our local community. It means a great deal to us and to all the people who support us, a wonderful thank you.

I've also had the pleasure of reading our Tertiary Health Scholarship applications. There is some serious talent in our community and I look forward to announcing our award recipients next edition.

With winter fast approaching, I'd like to remind you to consider seeing your GP for your flu jab! Or contact Main Street GP Clinic to make an appointment at Inspiro's Lilydale site on 9739 3837.

Stay healthy,
Karyn McPeake, CEO

Did you know...

...that Inspiro has social and support groups that offer a friendly and caring social environment?

Carers Group - For carers of someone with a disability, chronic illness or is aged.

Graduates Walking Group - For those who have suffered a cardiac event.

Diabetes Support Group - For those with, or knows someone with diabetes.

Stroke Survivors Group - For those who have suffered a stroke, or carers of someone who has suffered a stroke.

Interlink - For those aged 16 years and over with a disability.

Friendship Group - For older women to support friendship and social interaction.

Bookwell Group - For women interested in literature, readings and discussion.

Autum Program

To enquire about any of our groups and programs,
phone us on 9738 8801 or send us an email hello@inspiro.org.au.

Waiting periods may exist for some groups.



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 U3A Lilydale.

Where: Lilydale Court House
61 Castella Street, Lilydale

When: Tuesdays

Time: 10:30am – 12:00 midday

Cost: \$9.30 payable once for a physio assessment and \$40 annual U3A fee

A physiotherapy assessment at Inspiro's Lilydale or Belgrave clinic is required before commencing, call 9738 8801.

Participants are required to join U3A (the annual fee covers the cost of STEADY as you GO).

Hip Health Knee Knowledge

A fun and interactive nine-week exercise program for people with hip and knee joint problems. Register now for your interest in the Term 2 or Term 3 program.

Where: Inspiro physio gym, Lilydale

When: Term 2, Tuesdays
(starting Wednesday 23 April)

Term 3, starting July (TBC)

Time: 10:00 – 11:30am

Cost: \$7.30 per week plus \$9.40 one-off physio assessment

A physiotherapy assessment at Inspiro's Lilydale or Belgrave clinic is required, call 9738 8801.

Tai Chi for Arthritis



Tai Chi is a form of exercise which uses slow, continuous and smooth flowing movements. It can help improve strength, balance and prevent falls. Men and women are welcome.

When: Thursdays (12 week program)
24 April - 10 July 2014

Time: 1:00pm – 2:30pm

Where: Montrose Public Hall
1B Leith Road
Montrose, VIC, 3765

Cost: \$7 per session

Healthy Living with Diabetes

Do you have diabetes or are at risk of developing diabetes? This one-on-one program will help motivate and support you in developing the skills you need to manage your condition with confidence.

You will be assigned a dedicated key worker for 12 months who will link you to other relevant health services, teach you how to make easy lifestyle changes to stay in control of your condition, regularly assess you and provide ongoing support during the program.

Call Inspiro on 9738 8801.

Healthy Supermarket Tours

Supermarket tours are a fun way to learn how to make healthier shopping choices for you and your family. An Inspiro dietitian will take you on a two-hour tour of a local supermarket and show you how to read and understand food labels and make healthy food choices.

Where: TBA

When: Tuesday 17 June

Time: 10:00am – 12:00noon

Cost: Free for Diabetes Australia (VIC) members / \$15 for non-members

Bookings are essential. Call Diabetes Australia (VIC) on 1300 136 588 to book.

Inside Inspiro Tours

Are you interested in using our health services, becoming a volunteer, working with us or referring to us?

Then join us on our monthly Inside Inspiro tours where you can meet our clinicians, check out our facilities and learn more about our local community health service.

When: Every LAST Tues of the month
(29 Apr, 27 May, 24 Jun 2014)

Time: 2:00– 2:30pm

Where: Inspiro, 17 Clarke Street, Lilydale

Cost: Free

Bookings are not essential but preferred. Call 9738 8801.



Healthy living reaches caravan parks

Inspiro has teamed up with the Yarra Ranges Outreach Mobile Library to visit residential caravan parks in the Yarra Valley.

Population Health team leader Narelle Algie said the initiative is just one way that Inspiro is being more innovative and responsive to the needs of the Yarra Ranges community.

"We have been hosting monthly barbecues at Doon Reserve Caravan

Park in Yarra Junction and Pinehill Caravan Park in Lilydale to meet and listen to people in the places where they live or visit," she said.

"The informal get-togethers provide a welcoming and safe environment to share a meal and have a friendly chat, build relationships and connect with the community."

The barbecues have been held in conjunction with mobile library visits.

Pictured (LtoR): Inspiro health promotion officer Rachel with Doon Reserve residents Debra, Heather, Cricket and Peter and Inspiro's research and evaluation officer Rachel.

You are invited to join our Consumer Register



Inspiro is looking for people to join our Consumer Register to help us better meet the health needs of our local community.

What is a Consumer Register? The consumer register is a list of everyday people who can offer their opinions, experiences and ideas about how we service the local community.

Who can be a member of the Consumer Register? Anyone who lives, works or studies in the Yarra Ranges. This includes past, present or potential users of Inspiro's services, plus family members and carers. Interested community members are also welcome.

Call our Population Health team on 9738 8801 or visit inspiro.org.au for more information and Expression of Interest forms.

Our volunteers under the spotlight

Who: Marge Walker, Ringwood East



Volunteer role: *Friendship Group, Sing Play Create, Carers Group and other roles as needed.*

How long have you volunteered here? *8 months, but I have worked at Inspiro 11 years.*

Why do you volunteer at Inspiro?

After working as an allied health assistant (AHA) at Inspiro, it just seemed natural to progress to volunteer work after retiring.

What do you like about your role?

The great thing about my role is that I already knew the staff, clients,

volunteers and the organisation.

Do you volunteer or work elsewhere? *No, as I have a number of roles at Inspiro.*

What do you love about Yarra Ranges?

The Yarra Ranges is a great environment to work in as it's a very friendly community with lots of great places of interest & so many of my favourite cafés. (Too many to mention!)

Call 9738 8801 for volunteering info.

Main Street MEDICAL CENTRE

A bulk billing GP service is available within the Inspiro Lilydale building. Call 9739 3837.

Want to be in the loop?



You can visit our website at inspiro.org.au, like us on Facebook, [com/InspiroCHS](https://www.facebook.com/InspiroCHS) or email us at hello@inspiro.org.au to subscribe. For feedback or to unsubscribe, please email hello@inspiro.org.au.



Pictured: Inspiro physio Elizabeth Vaughan

Congratulations to Inspiro physio, Elizabeth Vaughan, for successfully completing the Department of Health's 'Clinical Leadership in Quality and Safety' course.

The postgraduate course is run by La Trobe University in association with the Australasian College of Health Service Management (ACHSM) and the Australian Centre for Leadership Development.

It is designed to equip health professionals to proactively lead and improve the safety and quality of consumer care.

As part of the course, Elizabeth conducted an eight-month workplace project at Inspiro that reduced the dietetics waitlist by streamlining the intake process.

Contact Us

If you'd like to make an appointment or simply discuss any aspect of our services, there are a number of ways you can contact us:

Call: (03) 9738 8801
Fax: (03) 9739 4689
Email: hello@inspiro.org.au
Write: 17 Clarke Street, Lilydale VIC 3140

Lilydale

17 Clarke Street
Lilydale VIC 3140
(03) 9738 8801

Opening times
8.30am – 5.00pm
Monday – Friday

Inspiro's services are supported by funding from the Commonwealth and Victorian Governments.

Belgrave

1624 Burwood Highway
Belgrave VIC 3160
(03) 9738 8801

Opening times
8.30am – 5.00pm
Tuesday – Thursday
All other times by appointment



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