

## Inspiro Annual General Meeting

On the 20th October 2016, Inspiro held its Annual General Meeting which was attended by Inspiro members, staff and community members. Stephen Potter, Inspiro's Chairman, highlighted Inspiro's work and achievements in 2015–2016, including:

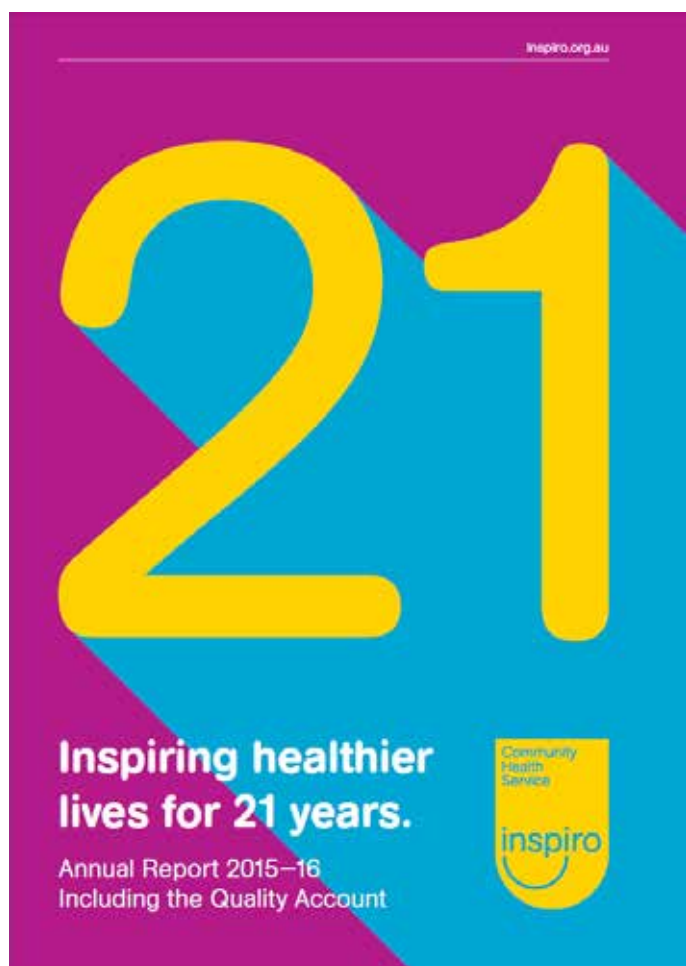
- Increasing the number of new clients accessing allied health and nursing services by 10%.
- Dental outreach program to pre-schools and schools that screened 2,213 children.
- The approval of the Belgrave Community Hub.
- Achieving accreditation against the Quality Improvement Council Standards Health and Community Services Standards and National Safety and Quality in Healthcare Standards.

Karyn McPeake, Inspiro's CEO, shared Inspiro's strategic plan for the next three years, focusing on:

- Providing services people need as close to home as possible.
- Being the local community health service for everyone.
- Building our business through innovation, research and best practice.

The plan builds on our achievements of the last three years including growing the number of clients using our services by 22.5%, and delivering a total of 87,577 appointments.

**Copies of Inspiro's 2015–2016 Annual Report and 2016–2019 Strategic Plan are now available. To receive your copy, please email Monica Logan at [monica.logan@inspiro.org.au](mailto:monica.logan@inspiro.org.au) or call 9738 8863.**



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.

# Oral Health Promotion Day at HICSA

On September 29th Inspiro and HICSA ran an Oral Health Promotion Day. 33 people gathered to catch up with each other, have a dental check with the fabulous Inspiro dental staff, share a delicious healthy lunch and join in the activities.

The day formed part of a range of activities that were developed and implemented by Judy from HICSA and the Outer East Koolin Balit alliance partners to improve Oral Health in the community.

Inspiro dental staff provided dental check ups for 22 people in a setting that was friendly and community focussed. Follow up visits were required for everyone which has meant the opportunity to explore some of the complex access issues faced by people in the outer east.

There was a special visit from the Techno Tooth Fairy ( Nikki from HICSA) and lots of other fun activities, including face painting and watching videos on the big screen in the Aunty Dot Peters Multi Purpose room.

One young lady was heard to say, " I love days like this"!





# Smiles for Miles

With every child at risk of developing tooth decay, it is one of Australia's most common health problems.

A study of the children who attended Victorian public dental clinics found almost 35% of parents reported their children are only brushing their teeth once a day, leading to 1 in 3 children aged five and under presenting with tooth decay. Researchers have estimated that poor dental health contributes to 600,000 days lost from school each year.

The good news is that tooth decay is largely preventable. Setting good oral health and healthy eating habits from an early age gives kids the best chance of having healthy teeth when they are adults.

Inspiro is partnering with Dental Health Services Victoria (DHSV) to implement the Smiles 4 Miles program to improve the oral health of children and families in the Yarra Ranges.

The program is based on the World Health Organisation's Health Promoting Schools Framework, an internationally recognised best practice approach. The framework provides a supportive environment for learning and health through three key areas – curriculum, partnerships and school environments.

Inspiro's Dental Outreach team is engaging and supporting early childhood services and preschools to promote good oral health habits and healthy eating, by promoting the key oral health messages of 'Drink well, eat well and clean well' to kids.



# Nexans Olex and Inspiro partner to promote positive health and wellbeing in the workplace



*With nearly 3 million Victorians spending almost 1/3 of their day at work, the workplace is an important place to have a positive impact on our health and wellbeing. Workplaces can provide a setting which supports employees to live healthy lifestyles and make the healthiest choice the easiest choice.*

Together Nexans Olex and Inspiro have partnered to develop and launch the 'Fit for Life' program that aims to improve the health and wellbeing of Nexans staff members, and ensure the workplace is a positive, healthy environment.

Research states that a healthy work environment positively impacts employee health and wellbeing which not only means increased productivity, but less sick leave and reduced staff turnover. Health approaches that people apply at work can also have a positive flow on affect to their home life and families. Nexans Olex values the contribution of all of their employees and are committed to giving each of them the opportunity to make the right choices in life. As such, they have formed a partnership with Inspiro to provide the relevant information and support to help staff on their journey.

Inspiro Health Promotion Officer Rachel Messer says that "the ideal workplace offers an environment that enables employees to live healthy lifestyles". Throughout the program Inspiro will be providing assistance to Nexans on ways a workplace can promote positive health and wellbeing, such as healthy eating, health tips for shift workers and emotional wellbeing.

'Fit for Life' was launched this month at Nexans' Olex Safety day with a healthy BBQ.

Inspiro are striving to improve workplace health with tailored health and wellbeing programs. If your business is interested in being involved, contact Inspiro directly on 9738 8801.

Nexans Olex is one of Australia's largest cable manufacturers with a manufacturing site locally in Main Street, Lilydale. The company employs 193 total staff, with about 80% of the staff living in nearby suburbs.





# Groups and programs

## 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 hydrotherapy. 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.

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

### 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.

### Water Exercise

A group water exercise program for the frail aged is facilitated by our Allied Health Assistants at Lilydale Sports Squash and Fitness Centre on Mondays.



### Social and Support Groups

- Diabetes Support Group.
- Stroke Survivors Group.
- Interlink for those aged 16 years+ with an intellectual disability.
- Friendship Group for older women to support friendship and social interaction.
- Graduates Walking Group.  
For those who have suffered a cardiac event or would like to improve their fitness.



**Phone:** 9738 8801

Lilydale – 17 Clarke Street

**Fax:** 9739 4689

Tecoma – 3/1527 Burwood Hwy

**email:** [hello@inspiro.org.au](mailto:hello@inspiro.org.au)

Sherbrooke – 1443 Burwood Hwy, Upwey

# 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 teach you how 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.

### Women's Health Clinic

A community health nurse is available to talk confidentially about any women's health issues such as menopause, continence, pap smears, contraception, mental health, sleeping, breast health and more.

**Where:** Lilydale

**Cost:** Free. By appointment only.

### 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.

## Youth

### Youth Health Services

Aged 25 or under and concerned about your health, but don't know who to ask?

Consultations are confidential and can be about any aspect of your health, including mental health, sexual health, nutrition or other general health issues.

*"I have seen your dental, podiatrist, dietitian and healthy living [nursing] sections. All have been very helpful and easy to work with. They give me a lot of confidence. Your receptionists go the extra step to be pleasant and helpful."*

Zoe







## Children and parenting

### STARS (School Transition & Readiness Skills)

This school readiness program is run by our paediatric occupational therapists and is a fun, interactive group for pre-school aged children.

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.



### 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 additional support.

**When:** Wednesdays.  
**Time:** 10.00 – 12.00pm.  
**Where:** Rolling Hills Family & Children's Services  
54–56 Landscape Drive,  
Mooroolbark.  
**Cost:** Free.

## Other service providers at Inspiro – Lilydale

**Eye Clinic** – every 4th Wednesday monthly 9.30am – 3pm.  
Australian College of Optometry  
Call Inspiro on **9738 8801** to book.

## 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 complete your annual cycle of care.

**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. Session speakers include a diabetes nurse educator, community health nurse, optician, dietician, dentist, podiatrist and physiotherapist.

**Where:** Lilydale.  
Group program.  
**Cost:** \$7 per session.



# Inspiro Services

Quality, affordable health care for everyone.



- **Public health clients:** most services are available for \$0 – \$10\* per appointment, waitlists may apply. \*Except Dental.
- **Inspiro also has a fee paying (private) service** with no waiting list. Contact us for fees.

Health Services	Lilydale	Tecoma	Sherbrooke
<b>Counselling</b> To help with personal problems such as relationships, family violence, drug and alcohol addiction, grief, anxiety and depression.	✓	✓	
<b>Dental care</b> For healthy teeth and gums, including check ups, general care, dentures and emergency services.	✓		
<b>Diabetes education</b> For awareness and self-management of diabetes.	✓	✓	
<b>Dietetics and nutrition</b> For education on which foods to eat to avoid illness, chronic diseases and being overweight.	✓	✓	
<b>Nursing</b> To help assess and manage chronic illnesses, and coordinate the health care needed.	✓	✓	
<b>Occupational therapy for adults</b> To help adults do everyday activities safely and independently, stay mobile and prevent falls.	✓	✓	
<b>Occupational therapy for kids</b> To support pre-school aged kids to improve participation in motor activities, self-care skills, attention and play.	✓		✓
<b>Physiotherapy</b> To restore movement and maximise function when people have any injury, illness or disability.	✓	✓	
<b>Podiatry</b> To help treat feet and lower leg problems.	✓	✓	
<b>Speech therapy for adults</b> To help adults who have trouble with talking, eating, drinking and swallowing, especially after a stroke.	✓		
<b>Speech therapy for kids</b> To help pre-school aged kids improve their speech and language to get ready for school.	✓		✓
<b>Social support groups</b> To connect lonely and isolated people to health services and group activities.	✓	✓	
<b>Family support groups</b> To help parents in their role as caregivers.	✓	✓	

- 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.

## Meet some of our inspiring staff



**Amy Neve**  
**Physiotherapist**

Amy assists both community and private clients with mobility, muscle or joint problems to improve movement, manage pain and recover from injury.



**Toni Richardson**  
**Occupational Therapist**

Toni assists clients in safety, independence and falls prevention in their homes. She provides home assessments, equipment prescriptions and home modifications to assist daily living.



**Sharita Medell**  
**Community Health Nurse**

Sharita works on the Healthy Living Support Programme (HLSP) which is a supportive goal setting programme for people with chronic conditions. She also provides diabetes education.

**Phone: 9738 8801**

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