

# Inspiro Insider

## Summer 2014-15

## Kevin Sheedy Kicks Goals at Inspiro AGM



Paula Flinn (above), Inspiro dental assistant and Dosenna Fergie (below), HICSA chairperson were two of many fans.



Footy legend Kevin Sheedy drew a record crowd at Inspiro's Annual General Meeting.

Inspiro members, guests and staff were treated to football royalty in October when guest speaker, Kevin Sheedy came to town.

Pictured above is Kevin Sheedy with Inspiro CEO Karyn McPeake, signing an Inspiro You&I football.

This promotional item is used to help spread the message of gender equality and respectful relationships among Yarra Ranges football clubs.

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.

# Equality and respect go hand in hand



Inspiro launches its new Buy Local Eat Seasonal app. It's free - download it from iTunes or Google Play now!

Love to purchase local fresh fruit and veggies? Open the gates to the Yarra Ranges and enjoy fruit and vegetables that are picked fresh, seasonally and grown near your home.

Inspiro's new Buy Local Eat Seasonal app has been launched just in time for the summer fruit season.

The app can be downloaded for free from iTunes and Google Play.

A wide range of Yarra Ranges' farm gates, U Picks and growers is listed at the touch of a button along with seasonal advice about the freshest produce.

Download your app now!

## Karyn's Corner



Kevin Sheedy certainly knows how to draw a crowd. Thank you to everyone who was able to attend our AGM, including representatives from local organisations and community members alike.

Congratulations go to our population health team for their Russel Renhard scholarship. The Quality Innovation Performance (QIP) scholarship was awarded for an urban Indigenous health promotion project specifically for the outer east.

The warmer weather signals the start of our summer fruit season. Now you can find out what's in season and where to buy or pick the

freshest fruit from, at the press of a button. Make sure you download our free Buy Local Eat Seasonal app that puts the Yarra Ranges growers at your fingertips. It's now available for free in iTunes and Google Play.

Inspiro added a flourish of pink at the Lilydale Show in November. Our staff were on hand to talk about topical health issues and hand out Inspiro show bags. Our free face painting and kids' activities attracted an all-day queue. We hope to make this an annual event on our calendar.

As the heat rises this summer, don't forget to check your pets, stay cool and be alert for local fire warnings.

Our bushfire policy applies now, so please check out our short news story in this newsletter about fire danger ratings and how it can affect you.

Stay healthy,  
Karyn McPeake, CEO

## Inspiro Tertiary Health Scholarships



Inspiro is calling for all tertiary health students residing in the Yarra Ranges to register your interest in our 2015 scholarships.

The scholarships are held annually and offer up to \$3,000 in financial support for four local students.

Inspiro recognises the financial pressures faced by students who live in Melbourne's outer east and commute or have relocated to pursue their career goals.

The scholarships are only open to those who can demonstrate their full-time residence is in the Shire of Yarra Ranges and are studying a medical, nursing, allied health or health science course at an Australian university.

Email your details to [hello@inspiro.org.au](mailto:hello@inspiro.org.au) by the end of January 2015.



Pam Kennedy from Quality Innovation Performance (QIP) visited Inspiro to award our organisation with the inaugural Russel Renhard scholarship plaque.

This scholarship sponsored the Urban Indigenous Health Promotion: Improving referral pathways in the Outer East project which is currently in its final phase. The plaque is made from Wathaurong glass from Geelong.

# Our Services

The following services are offered to everyone: public and fee-paying clients. Call us on 9738 8801 to find out the fastest and most affordable way you can access our services.

Waiting periods may apply to some public services. There are no waitlists for fee-paying (private) services.

## Dental

Lilydale. [Adults, youth and children](#)

We offer public and fee-paying dental services from the same clinic. This means you can skip the waitlist by using our private dental services for a fee.

You can be confident that our fees are affordable and as we are a non-profit organisation, all proceeds go back to supporting our health services.

We welcome everyone, including:

- those with a Health Care or Pensioner Concession card
- children with the Child Dental Benefits Schedule
- those with private health insurance
- those without any of the above.

Children 12 years and under are bulk billed which means no out-of-pocket fees.

THERE IS NO WAITING LIST FOR PRIVATE DENTAL SERVICES.

## Diabetes Education

Lilydale and Belgrave.

[Adults](#)

Our diabetes educators are here to provide early intervention, education and support to those diagnosed with diabetes or are at risk of developing diabetes.

You will learn how to manage your chronic illness and monitor your blood glucose so you can take control of your diabetes. You will also be linked to other Inspiro health services to help you manage your diabetes with confidence.

## Dietetics

Lilydale and Belgrave

[Adults, youth and children](#)

Our dietitians can help you translate nutritional information into practical advice about what to eat and develop a plan for you.

They advise on a range of health conditions, including:

- chronic diseases such as hypertension, high cholesterol, diabetes or arthritis
- weight management
- coeliac disease, IBS, constipation and diverticulitis
- food intolerances and allergies
- paediatric nutrition and more.

## Occupational Therapy

Lilydale and Belgrave

[Adults, youth and children](#)

Our occupational therapists can help people live independently at home for longer, where everyday activities may be difficult.

This services offers:

- home safety and access assessment
- daily living skills training
- advice on equipment such as wheelchairs and customised seating
- carer education
- relaxation and stress management.

## Exercise Physiology

Lilydale. [Adults](#)

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

Our exercise physiologist can prescribe safe and effective exercise for people with chronic diseases such as arthritis.

This service can help you:

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

## Physiotherapy

Lilydale and Belgrave. [Adults and youth](#)

Do you have mobility, muscle or joint problems? We can help you with:

- chronic diseases such as diabetes and arthritis
- joint and muscle pain or discomfort
- balance and posture issues.

Our physiotherapists can teach you self-management techniques and gentle exercises that you can do safely at home and with confidence.

We also offer a hydrotherapy program to help meet specific health goals, such as managing pain.

## Social Support Service

Lilydale and Belgrave. [Adults](#)

This service connects socially isolated people (due to age or disability) to health services and group activities in a supported setting. Carers are welcome.

## Counselling

Lilydale and Belgrave

[Adults, youth and children](#)

Sometimes life circumstances cause us to feel overwhelmed by anxiety, sadness or distress. At these times counselling or therapeutic group activities can help.

Inspiro's counsellors provide a safe, supportive and confidential space to help explore strategies and deal with life issues.

Includes family violence and drug and alcohol counselling.

## Podiatry

Lilydale and Belgrave

[Adults, youth and children](#)

Our team of podiatrists treat problems of the foot and lower leg caused by:

- chronic disease such as arthritis and diabetes
- neurological and circulatory diseases
- skin and nail disorders
- developmental issues in children.

Our podiatrists also analyse walking patterns, prescribe orthoses (supports fitted into the shoe) and provide advice on appropriate footwear. Home visits are also available for those who qualify.

## Paediatric Speech Therapy

Lilydale and Belgrave

[Preschool children](#)

Our services are tailored to your child's needs, from assessment advice to specific treatment or training for parents.

Parent involvement is highly valued, with sessions held individually and in groups. Our speech therapy team specialise in:

- Expressive and receptive (understanding) language
- Fluency (stuttering)
- Speech sounds (articulation).

## Paediatric Occupational Therapy

Lilydale, Belgrave and Upwey

[Preschool children](#)

Our paediatric occupational therapists can help develop your child's:

- Fine and gross motor skills
- Sensory processing information
- Self-care skills.

We work with parents and children to assist in their development.

# Our Groups and Programs



Bookings are essential.

Please call Inspiro on 9738 8801 or email [hello@inspiro.org.au](mailto:hello@inspiro.org.au)

Waiting periods may exist for some groups. Minimum numbers may apply.

## Gentle Exercise

### Fitness Group

Register your interest for Term 1, 2015.

Do you avoid exercise because of pain, age, weight or lack of fitness? Would you like to participate in community activities but feel you aren't ready?

This fitness group is designed for those who do not usually exercise and will help participants prepare for other group activities.

When: Early 2015

Time: Mid morning TBC

Where: Inspiro, 17 Clarke St, Lilydale

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

A physiotherapist assessment is required. Call Inspiro to register your interest.

### Aquatic Physiotherapy

Are you looking for a gentle alternative to exercise? Our physiotherapists hold water exercise for adults. Great for those in rehabilitation, have joint or muscle pain or are simply interested in general fitness.

When: Tuesdays

Time: 2:00 – 3:00pm

Where: Croydon Leisure and Aquatic Centre, 11 Civic Square

Cost: \$10

Physiotherapist assessment and bookings essential.

A water exercise group for the frail aged is also offered.

### Hip Health Knee Knowledge Group

If you suffer from hip or knee pain this 9-week education and exercise group can help you. It's ideal for people who have been diagnosed with arthritis or considering joint replacement surgery.

When: Wednesdays  
4 Feb - 25 Mar, 2015

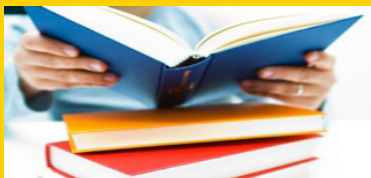
Time: 10:00am - 12:00 midday

Venue: Inspiro, 17 Clarke St, Lilydale

Cost: \$7.30 p/week (\$63 for 9 weeks)  
\$9.40 for one-off physio assessment

Physiotherapist assessment and bookings essential.

## BOOKWELL GROUP



For women interested in literature, readings and discussion, and are isolated because of age or a disability.

When: Wednesdays  
11 Feb - 25 Mar 2015

Time: 1:30 - 3:00pm

Where: 17 Clarke Street, Lilydale

Cost: Free

Please call Maureen on 9738 8801 to book. Transport may be provided.

## 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

When: Tuesdays

Time: 10:30am – 12:00 midday

Cost: \$9.40 payable once for a physio assessment + \$40 annual U3A fee

A physiotherapy assessment prior to commencement is required. Participants are required to join U3A (the annual fee covers STEADY as you GO and other Lilydale U3A courses for the year).

Call Lilydale U3A on 9726 9057 to book.

## Tai Chi for Arthritis

Tai Chi is a form of exercise and relaxation. Research shows that the Tai Chi for Arthritis program improves strength, flexibility and balance to help prevent falls and manage stress.

When: Thursdays  
5 Mar - 28 May, 2015

Time: 10:00 - 11:30am

Venue: Japara House (TBC)

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

A physiotherapist assessment is required.

## Chronic Disease

### Healthy Living Support Program Lilydale and Belgrave. Adults

Do you have a chronic condition, such as arthritis, diabetes and heart disease?

This one-on-one program will help support you to manage your condition with confidence and motivate you along the journey.

You will be assigned an Inspiro health professional for 12 months to link you to other health services and help you set and reach your health goals.

Being actively involved in your health decisions will result in you feeling fitter, healthier and in control.

### Life! Program Lilydale. Adults

Being active, maintaining a healthy weight and eating healthy are just some of the important lifestyle changes you can make to prevent diabetes, heart disease and stroke.

This FREE program includes one individual and five group sessions with a health professional.

Register your interest for early 2015 by calling Inspiro on 9738 8801.

When: Tuesdays  
3 and 17 Feb, 3 and 17 Mar, 21 Jul

Time: 5:30 - 7pm

Where: Inspiro, 17 Clarke Street, Lilydale

## Youth

### Youth Health Services Within the Yarra Ranges

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 and general healthy living.

Please call Inspiro on 9738 8801 to book.

# Our Groups and Programs



Bookings are essential.

Please call Inspiro on 9738 8801 or email [hello@inspiro.org.au](mailto:hello@inspiro.org.au)

Waiting periods may exist for some groups. Minimum numbers apply to some groups.

## Wellbeing

### Feeling Good About Yourself

Yarra Ranges area. **Adults**

A self-esteem group for women.

An 8-week art therapy program to facilitate a deeper understanding of self, increase self compassion and self esteem.

Come and join with other women in a friendly, supportive environment and learn new skills to improve your sense of wellbeing.

Register your interest in 2015.

### Finding Me Being Free

A 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
- Looking after me!

Cost: Free. Assistance with affordable childcare is available.

Register your interest for 2015.

## Healthy Eating

### Healthy Eating Workshops

Lilydale. **Adults**

Register your interest for Term 1. Choose from a range of dietitian-led workshops where you can learn to:

- make healthy shopping choices
- stop the diet and eat healthy
- cooking small - healthy cooking for singles or couples.

When: TBC

Where: Inspiro, 17 Clarke St, Lilydale

Cost: Up to \$10

All clinical staff are fully registered under relevant industry bodies.

## Not Another Diet



Considering a detox?

Made new year promises?

Want to find the real facts about Paleo or other diets?

This session is run by accredited dietitians and nutritionists.

When: Tuesday 10 February 2015

Time: 5:00 - 6:30pm

Cost: \$5

Venue: Inspiro  
17 Clarke Street, Lilydale

Call Inspiro to book on 9738 8801 by 1 February 2015.

## Healthy Supermarket Tours 2015

Lilydale. **Adults**

An Inspiro dietitian will teach you how to make healthy food choices in this educational and interactive program.

When: 1:00 - 3:00 pm Wed 18 March  
10:00am - 12:00pm Tues 16 Jun  
9.30 - 11.30am Wed 19 Aug  
1:00 - 3:00 pm Tues 17 Nov

Where: Lilydale area, TBC

Cost: Free for Diabetes Vic members  
\$15 for non members

Call Diabetes Vic on 1300 136 588 to book.

## Children

**STARS (School Transition & Readiness Skills)**  
Upwey. **Preschool-aged children**

This gross motor skills program is run by our paediatric OT and is a fun, interactive group for preschool-aged children. For children referred by the Sherbrooke Family Centre in Upwey.

Where: Sherbrooke Family Centre  
Burwood Hwy, Upwey

Cost: Free

## Parenting

### Sing Play Create

Belgrave. **Adults and preschoolers.**

This fun and interactive group is run by a child and family clinician and includes activities to help parents and children learn and play together. For children up to four years.

When: Tuesdays (3 Feb - 31 Mar 2015)

Time: 10:00 - 11:30am

Venue: Inspiro, Belgrave  
1624 Burwood Highway

Cost: Free

### Young Parents' Playgroup

Chirnside Park. **Adults and preschoolers.**

This group program is for parents aged 25 years and under with children aged up to four years who would like additional support.

When: Wednesdays (4 Feb - 1 Apr 2015)

Time: 10:00 - 11:30am

Venue: Chirnside Park Community Centre, 33 Kimberly Drive

Cost: Free

### Healthy Mothers Healthy Babies

Lilydale and Belgrave. **Adults**

Are you pregnant and need some extra support? This program supports women who need additional help during pregnancy and up to six weeks after birth. HMHB can help:

- connect you to services such as housing, food and clothing, emotional support and advice
- provide parenting education and one-to-one child birth education
- provide health education on smoking, nutrition, drug and alcohol use and general health.

You can refer yourself or be referred by an agency. This is not an ante-natal class or an emergency service.

Call Inspiro on 9738 8801 or 0408 883 680.

## Social and Support Groups



Inspiro offers groups that provide a friendly and caring social environment for those who are older, isolated or have a disability.

**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 or would like to improve their general fitness.

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

**Stroke Survivors Group** - For those who have suffered a stroke or their carers.

**Interlink** - For those aged 16 years+ with an intellectual disability.

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

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

Call Inspiro on 9738 8801 to book.

## Other service providers at Inspiro

Did you know that Inspiro has partnered with community organisations to boost the range of services available locally?

### 17 Clarke Street, Lilydale

- GP services / mole and skin cancer  
Main Street Medical and Skin Clinic  
Bulk billing and fees may apply  
Call 9738 8873 to book.
- Eye clinic - every 4th Wednesday monthly. 9:30am - 3pm.  
Australian College of Optometry  
Call Inspiro to book 9738 8801.
- Free legal advice - every 4th Wednesday monthly.  
Eastern Community Legal Centre  
Call 1300 79 70 88 or 9762 6235.
- Diabetes clinic- run in collaboration with Eastern Health's Endocrinology Unit. Call Eastern Health on 1300 342 255.

### 1624 Burwood Hwy, Belgrave

- Financial counselling  
Anglicare . Call 9735 4188 to book.
- Sexual assault counselling  
Eastern Health Centre Against Sexual Assault (ECASA)  
Call 1800 806 292 to book.
- Employment services  
EACH Employment  
Call 9735 7900 to book.



## REFERRALS

### Call Intake and Assessment on 9738 8801

Everyone can access our services, regardless of their financial status.

- You can refer yourself to most of our services.
- Chronic disease management care plans - must be referred by a GP.
- We also welcome referrals from allied health professionals, schools and other agencies.
- There are no waiting lists for our private services. Inspiro health services are offered both publicly and privately.

We prioritise (public service only):

- Pensioner and health care card holders and their dependants
- School children up to 18 years (preschool-age only for paediatric OT and speech therapy)
- Aboriginal and Torres Strait Islander people
- Refugees and asylum seekers
- those who are homeless or at risk
- registered clients of mental health or disability services
- pregnant women (dental services and Healthy Mothers Healthy Babies program only).

## Community Services

Call Inspiro on 9738 8801 for more information.

These community services are available from our Lilydale and Belgrave clinics:

### Needle Syringe Program (NSP)

Free needle and disposal service, also offering referral if required.

### No Interest Loans Scheme

The No Interest Loans Scheme (NILs) is run in partnership with Good Shepherd Youth and Family Services to provide funds for loans to low income individuals and families living in the Shire of Yarra Ranges.



# Inspiro at the Lilydale Show



Inspiro community health nurse, Vicki Reddick, welcomes visitors to our site.

This year, Inspiro was well represented at the landmark Lilydale Show.

Visitors to our stand showed a strong interest in healthy eating and nutrition, reducing risk of diabetes, stroke and heart disease as well as our children's services and dental clinic.

Our clinical and administrative staff were on hand to spread the news about Inspiro services and hand out more than 250 show bags.



## Seniors, Pensioners and Health Care card holders get 10% private dental discount

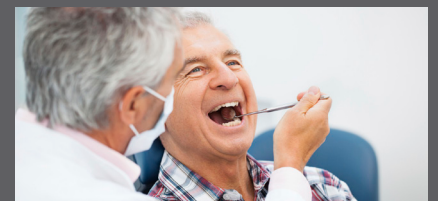
Inspiro is the only dental clinic in the Yarra Ranges to be formally accepted into the Seniors Card program with a permanent 10% discount.

In addition, Inspiro is also taking 10% off private dental fees for Health Care and Pensioner Concession card holders.

This offer is valid only with our fee-paying service and your Seniors, Health Care or Pensioner Concession card must be presented at the time of your appointment.

Call 9738 8801 to book and state you are claiming your discount.

For terms and conditions visit our website at [inspiro.org.au](http://inspiro.org.au) or call us.



## Fire Danger Ratings

How does this affect you?

On days rated as Code Red, our Lilydale site (17 Clarke St) is the only site open. This means all services or meetings located at any other site within the Yarra Range will be cancelled.

On days rated as Severe or Extreme, only individual client services located at one of our designated

sites (e.g. Lilydale, Belgrave, Upwey etc) will continue. This means that all home visits, meetings and groups within the Yarra Ranges, will be cancelled.

Individuals will not be contacted but you will need to check the forecast or call reception on 9738 8801 to confirm. This will be widely broadcast on radio 774 AM, TV news, the CFA and Bureau of Meteorology web sites and signage throughout the hills.





# Quality Corner



Sterilisation is everyone's business.

## Sterilisation demystified

Our clients often ask our dental staff about the cleanliness of our reusable tools, particularly mums concerned about their children's health.

As a result, our dental clinic has produced a new brochure that explains why and how our dental tools are sterilised.

Readers are taken on a step-by-step pictorial guide through the process. Compliance to national standards is also explained in plain language.



Penny Cooke, our dental assistant presents the validation load from our state-of-the art Class B vacuum autoclave, which allows a wider variety of tools to be sterilised.

# Inspiro thanks our volunteers



Our volunteers enjoyed Christmas lunch at Warratina Lavender Farm.



Pictured above (left to right): Volunteers George and Les inspect the lavender.

To celebrate International Volunteer Day, Inspiro invited volunteers to Christmas lunch at Warratina Lavender Farm in Wandin Yallock.

Pictured above (standing left to right): Gerdie, Paul, George, Angela, Roy and Bec.

Pictured above (seated left to right): Maureen, Lorraine, Louise, Karyn, Linda, Sheryl, Les and Brian.



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

Want to be in the loop?



Visit our website at [inspiro.org.au](http://inspiro.org.au)

Like us on [facebook.com/InspiroCHS](https://www.facebook.com/InspiroCHS)

Email us at [hello@inspiro.org.au](mailto:hello@inspiro.org.au) to subscribe, unsubscribe or offer feedback.

## 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](mailto: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

## Belgrave

1624 Burwood Highway  
Belgrave VIC 3160  
(03) 9738 8801

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

[inspiro.org.au](http://inspiro.org.au)



Find us on Facebook  
[facebook.com/InspiroCHS](https://www.facebook.com/InspiroCHS)