

Inspiro Insider

Winter 2014

Inspiro's paediatric services benefit from State Government funding boost

Yarra Ranges' children are set to benefit from an additional \$60,000 in community health funding, Minister for Health, the Hon David Davis, announced in April.

Minister Davis said the top-up funding was part of the Victorian Government's 2013-14 Budget, with new funding of \$12.5 million over four years allocated to the community health program.

Inspiro CEO, Karyn McPeake, said the funding will boost the community health centre's paediatric occupational therapy and paediatric speech pathology services.

"This year, we have been able to increase our paediatric occupational therapist's hours and appoint an additional locum speech pathologist to work through the growing demand in the local area," she said.

"We have prioritised pre-schoolers because early intervention is imperative for a positive start to school and we refer them or their parents to other Inspiro family services such as dietetics, counselling or parenting groups, for a



more holistic approach to improving health outcomes."

Ms McPeake said Inspiro also works closely with local community partners to prevent a range of behavioural problems that could impede the learning abilities of children once they start school.

"We also refer our clients to Yarra Ranges Council, Eastern Health and other local services," she said.

Common paediatric occupational therapy problems include difficulties with coordination, sensory

Pictured: Minister for Health, David Davies, gets the low-down from Inspiro paediatric client, 5-year-old Callum Oakley and his 3-year-old sister Amalia.

processing and fine and gross motor skills.

Common speech therapy issues including stuttering, unclear speech and language delay.

"Left untreated, these issues can cause frustration at not being understood and lead to behavioural problems, self-esteem issues and greater social issues," Ms McPeake said.

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's Tertiary Health Scholarship Winners Announced

Congratulations to this year's scholarship recipients, each of whom were chosen for their talent, academic excellence and passion for the health of their local community.

Inspiro CEO, Karyn McPeake, said Inspiro and its scholarship partners, Yarra Ranges Council and Eastern Melbourne Medicare Local, recognise the importance of providing tangible support to the Yarra Ranges community.

"These awards acknowledge and reward standout students, providing them with financial assistance to help with the costs of their studies," she said.

Inspiro \$3,000 Tertiary Health Scholarship:



Amy Ruddick, Mooroolbark. Masters in Nursing Practice (Intensive Care Stream), Deakin University

Amy is currently part of the post graduate Intensive Care Unit program at Austin Health. She was also heavily involved in the local YMCA, coordinating the YMCA Bush Fire Holiday Program for 70 children.

Eastern Melbourne Medicare Local \$3,000 Tertiary Health Scholarship:



Andrea Wong, Kilsyth. Bachelor of Physiotherapy (Honours), Monash University

Andrea has also volunteered with Diabetes Australia for seven years as a summer camp leader. As a diabetic, Andrea understands the challenges children face in understanding and managing their chronic illness.

Andrea has returned from an International Olympic Committee World Conference in Monaco where she presented her research on injury and illness in sport.

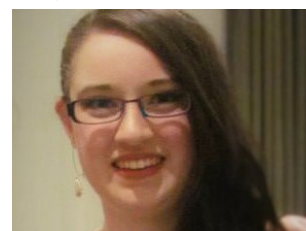
Inspiro \$1,000 Encouragement Award:



Katelyn Hodgson, Chirnside Park. Bachelor of Nursing/Bachelor of Emergency Health (Paramedic), Monash University

Katelyn also volunteers with St Johns Ambulance Maroondah division, is a peer trainer for first year paramedic practice students and has helped raise money for this year's Relay for Life in Casey for the Cancer Council.

Yarra Ranges Council \$1,000 Mayoral Encouragement Award



Claire Treadwell, Upwey. Bachelor of Nursing, Deakin University

Claire is in her first year nursing student, with plans to become a nurse practitioner specialising in paediatrics. Claire has been a volunteer at St Johns Ambulance for three years and is now a cadet leader with the organisation.

Register now for the 2015 scholarships at hello@inspiro.org.au.

Karyn's Corner



The minister's visit came with the good news of an additional \$60,000 in community health funding, which means we can extend our existing paediatric occupational and speech pathology services to meet the growing demand of the Yarra Ranges community.

Our goal is to get kids ready for school so they can achieve their full learning potential.

I'm once again inspired by this year's Tertiary Health Scholarship winners. We've had one student

recently present her research at an International Olympic Committee conference in France, another coordinate a YMCA Bush Fire Holiday Program for 70 children and two others who are dedicated St Johns Ambulance volunteers.

All of our award recipients share a passion not only for their chosen career goals, but also for their local community.

I would like to thank everyone - past and present clients and professional colleagues - for taking the time to complete our consumer survey. We have had a great response from all of you and the feedback has been very positive, constructive and beneficial for our future direction. We will have more news on our findings in the next edition.

Stay healthy,
Karyn McPeake, CEO

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, with no out-of-pocket fees.

Call us on 9738 8801 to book an appointment.

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. Fees are based on the Department of Veterans fees schedule and are not only the most competitive across the country, but locally in the Yarra Ranges too.

We are a non-profit organisation and all proceeds go back to supporting our health services. By choosing our fee-paying service, you are helping us to ensure the most disadvantaged communities can always access the health care they need.

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.

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.

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.

Dietetics

Lilydale, Belgrave and Yarra Glen
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.

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.

All clinical staff are fully registered under relevant industry bodies.

Counselling

(including family violence 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.

Podiatry

Lilydale, Belgrave and Yarra Glen
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, Belgrave and Chirnside Park
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 therapist specialise in:

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

Paediatric Occupational Therapy

Lilydale, Belgrave and Upwey
Preschool children

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

- Fine and gross motor skills
- Processing sensory information
- Self-care skills

We work with parents and children to assist in their development as they move through this critical time of learning.

Our Groups and Programs



Bookings are essential.

Please call Inspiro on 9738 8801 or email hello@inspiro.org.au

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

Gentle Exercise

Fitness Group

Register your interest for Term 3 and 4.

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: Mondays, Term 3 and 4

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 9738 8801 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

Register your interest for Terms 3 and 4.

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. A physiotherapy assessment is required prior to starting.

When: TBC

Venue: Inspiro, 17 Clarke St, Lilydale

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

Call Inspiro to register your interest.

BUSH TUCKER

Learn how to plant, grow, source and cook traditional bush foods as part of a modern Australian diet.

This program is ideal for local community members who would like to learn more about the role of bush tucker in the cultural, spiritual and emotional wellbeing of Aboriginal people. Aboriginal and non-Aboriginal people welcome.

When: Tuesdays, Term 3
(15 Jul to 16 Sep)

Time: 10am - 2pm

Cost: Fees may apply

Venue: Healesville Indigenous Community Services Association (HICSA)

1A Badger Creek Rd, Healesville

Call HICSA to book on 5962 2940.

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 for more information.



Tai Chi for Arthritis

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

When: Wednesdays, 3 Sep - 19 Nov

Time: 1:30 - 3:00pm

Where: Montrose Public Hall
1B Leith Rd, Montrose

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

A physiotherapist assessment is required. Call 9738 8801 to book.

Chronic Disease

Chronic condition support
Lilydale and Belgrave. **Adults**

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

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.

Youth

Youth Health Clinic

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 or 0408 883 680:

LILYDALE - Inspiro, 17 Clarke Street

LILYDALE - Yarra Ranges Council Youth Services, 216 Maroondah Highway

BELGRAVE - Yarra Ranges Council Youth Services, 1616 Burwood Highway

Our Groups and Programs



Bookings are essential.

Please call Inspiro on 9738 8801 or email 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 program featuring art therapy techniques to strengthen positive self esteem and assertiveness.

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

When: Thursdays, 9 Oct - 27 Nov

Time: 10am - 12:30pm

Where: The Bridge Community Garden Centre, 49 Durham Road, Kilsyth

Cost: \$7

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!

When: TBC

Time: TBC

Where: TBC

Cost: Free. Assistance with affordable childcare is available.

Healthy Eating

Healthy Eating Workshops

Lilydale. **Adults**

Register your interest for Term 3 and 4. 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

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 Jul, 26 Aug, 30 Sep 2014)

Time: 2:00- 2:30pm

Where: Inspiro, 17 Clarke Street, Lilydale

Cost: Free

Bookings are not essential but preferred. Call 9738 8801.

Healthy Supermarket Tours

Lilydale area. **Adults**

A dietitian will teach you how to read nutrition labels and make healthy food choices, in this educational and interactive program.

Tours are suitable for those with pre-diabetes, high cholesterol are overweight or are simply interested in healthy eating.

When: 9:30 - 11:30am, Wed 20 Aug; and 2:00- 4:00pm, Tue 18 Nov

Venue: Lilydale. TBC

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

Bookings essential. Call Diabetes Victoria on 1300 136 588.

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 4 years.

When: Tuesdays, Term 3 (15 Jul - 16 Sep)

Time: 10:00 - 11:30am

Venue: Inspiro, Belgrave (1624 Burwood Highway)

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 6 weeks after birth. HMHB can help:

- connect you to services such as housing, food and clothing, emotional support and advice
- connect you to playgroups, parenting support and breastfeeding advice
- 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.

Children

Perceptual Motor Program

This gross motor skills program is run by our paediatric OT and is a fun, interactive group for preschool-aged children.

Activities are designed to encourage hand skills, body coordination, hand-eye coordination, core strength and motor planning.

When: TBC

Time: TBC

Where: Sherbrooke Family Centre Burwood Hwy, Upwey

Cost: Free

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 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.

Call Inspiro on 9738 8801.

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

- Drug and alcohol counselling
Knox Community Health Service
Call 9757 6200 to book.
- 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 Islanders
- 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 Shephard Youth and Family Services to provide funds for loans to low income individuals and families living in the Shire of Yarra Ranges.



Thank you to our volunteers



Pictured: Volunteers Gerdie (left) and Louise getting to know the Alpacas.

Once again, we say 'thank you' to our wonderful volunteers.

As part of National Volunteers Week, we invited our volunteers to lunch at the Big Bouquet in Healesville, which included a tour of the Gerbera farm and Alpaca farm.



(Back row: left to right) Board member Alex Lagerwey with volunteer Gerdie Gerritzen and allied health assistant Angela Ferguson. (Front row; left to right) Volunteers Lorraine Smith, Les Dougan, Paul Fletcher, Margaret Carey, Michael Brooks and Louise Fitinghoff.



Paediatric speech therapy now offered in Chirside Park

Inspiro has teamed up with Yarra Ranges Council to provide paediatric speech therapy services out of Chirside Park Community Centre on Wednesday afternoons.

Starting in Term 3, Inspiro's paediatric speech therapist will work with preschool-aged children, targeting

Claim your dental discount with a smile



You can receive a 10% discount off our fee-paying dental service.

How? Just say the word SMILE when booking.

This offer is valid only:

- with our fee-paying service
- for appointments booked up to 23 December 2014
- for one person, for one visit.

Anyone can claim this offer once; you, your partner, your children or your friends.

Call 9738 8801 to book and claim your dental discount.

Don't forget the magic word!

For terms and conditions visit our website at inspiro.org.au or call us.

common speech therapy issues including stuttering, unclear speech and language delay.

Left untreated, these issues can cause frustration at not being understood and lead to behavioural problems, self-esteem issues and greater social issues.

Early intervention is imperative for a positive start to school.

Call Inspiro on 9738 8801 for more information.

Anthony wins the iPad Mini!



Anthony Anderson of Healesville has won the iPad Mini.

Congratulations to Anthony Anderson of Healesville for winning an iPad Mini!

More than 900 past and present clients were randomly selected to complete our consumer survey in April. Surveys were also available to visitors at our Lilydale and Belgrave clinics.

Anthony is a recent dental client at Inspiro and lives in the picturesque Healesville Tourist Park owned by his son. When it comes to surveys and questionnaires, Anthony is adamant when he says he "never fills out these things".

Fortunately on this occasion, his wife June encouraged him to take part in the Inspiro Consumer Survey.

NowahappyiPadowner, Anthony looks forward to working out how to use it. "I'll have to ask my grandson," he said.

The five \$50 gift vouchers were won by:

- Lynette, Montrose
- George, Launching Place
- Jay, Healesville
- Valerie, Lilydale
- Liz, Carrum Downs

More details of our consumer survey will be in the Spring edition.

Our volunteers under the spotlight

Who: Louise Fitinghoff, Mt Evelyn



Volunteer role: *Tai Chi for Arthritis assistant*

How long have you volunteered here? *3 months.*

Why do you volunteer at Inspiro?

I have been practicing Tai Chi for about 12 years and I was interested in volunteering at a community health service.

What do you like about your role?

I really like the people in the group. They are a good group to teach.

Do you volunteer or work elsewhere?

Lilydale and District Historical

Society, Mt Evelyn History Group and I also teach Tai Chi at the Yarra Ranges U3A.

What do you love about Yarra Ranges?

The lovely combination of open space and at the same time, being so close to amenities.

I love the beautiful nature and I go for walks.

Favourite local café or shop?

Paperbark Cafe at Karanga Nursery in Mt Evelyn.

Interested in volunteering? Call us on 9738 8801 to find a role for you!



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

Want to be in the loop?



You can visit our website at inspiro.org.au and like us on [facebook.com/InspiroCHS](https://www.facebook.com/InspiroCHS). You can also email us at 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
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



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