



## Inspiro Tertiary Health Scholarships award \$10,000 to local students

Four talented Yarra Ranges tertiary students have been awarded up to \$3,000 each in scholarships and encouragement awards, as part of Inspiro's annual scholarship program.

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.

This year's winners have demonstrated academic achievement, a passion to succeed in their chosen careers and a strong commitment to help improve the health and wellbeing of our local community.

Inspiro is proud of our ongoing partnerships with Yarra Ranges Council and Eastern Melbourne Medicare Local, which allow us to continue

investing in the Yarra Ranges community.

Awarding this \$10,000 will make a big difference in the lives of these students and in turn to our community.

We encourage anyone studying in tertiary health to consider making a scholarship application in 2016.

The 2015 winners are:

- Inspiro \$3,000 Tertiary Health Scholarship: Elizabeth Kay, Healesville
- Eastern Melbourne Medicare Local \$3,000 Tertiary Health Scholarship: Kate Taylor, Mount Evelyn
- Inspiro \$2,000 Encouragement Award: Jiyah Burgess, Monbulk
- Yarra Ranges Council \$2,000 Mayoral Encouragement Award: Esther Rijk, Yarra Glen

[Find out more about the winners on page 7.](#)

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hello@inspiro.org.au

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.



# New monitor will change lives for clients with diabetes

Earlier this year Inspiro was delighted to be awarded a grant from the Lord Mayor's Charitable Foundation. The grant facilitated the purchase of a Dexcom G4 – a continuous glucose monitor or CGM.

The CGM is a new high-tech diabetes monitor which is expected to keep patients out of hospital and take pressure off their carers. The device allows people with diabetes to better understand the link between behaviour and glucose activity.

Kalorama residents, Stan and Martin Simek, will see first-hand the benefits of the machine. Stan lives with diabetes and is a client of the clinic, and son Martin acts as his carer – a role that involves regularly testing his blood sugar levels and administering medication daily.

Stan believes the device which provides real-time feedback will be crucial in identifying patterns in his father's blood sugar levels throughout the day and

night to prevent a hypoglycaemic episode, or 'hypo'.

"I am looking forward to using the Dexcom G4 because it will help take pressure off me as his carer and help keep my father out of hospital" Mr Simek said.

Inspiro Diabetes Educator Ruth Figes explained, "This device enables those living with diabetes to understand when is the most effective time for them to exercise, when exercise can be detrimental to their health, when they need to eat or avoid certain foods."

"What makes the Dexcom G4 unique is the real-time feedback it provides users. The benefits of real-time feedback include a more accurate representation of clients' glucose patterns and the device is able to generate computer reports to identify glycaemic trends."

"This will mean a faster response when blood sugar levels fall too low which is essential in treating people living with diabetes," Ms Figes said.



Martin Simek agreed, saying the new system will help to prevent his father's symptoms. "There are very serious variations to my father's test readings and this is very worrying," Mr Simek said.

"My father has experienced a number of hypos with the latest incident requiring two weeks of hospitalisation."

**The prevalence of diabetes in the Shire of Yarra Ranges is on the rise, growing approximately 180 per cent over the past 10 years and by 210 per cent in hot spots such as Lilydale.**

Ms Figes pointed out the link between the rates of diabetes related death and social disadvantage.

"By empowering our diabetic clients to manage their chronic illness, they not only become more confident and in control of their health and lifestyle; but they can also become less dependent on medication and reduce or eliminate their need for hospitalisation," Ms Figes said.

Inspiro are thankful to the Lord Mayor's Charitable Foundation, a leading philanthropic organisation and the largest community foundation in Australia.



Inspiro Diabetes Educators can provide early intervention, education and support to people who have been diagnosed or are at risk of developing type 2 diabetes.

**Contact us today to find out more**

## KARYN MCPEAKE, CEO



On Wednesday 22nd April I was delighted to join the Healesville Indigenous Community Services Association's (HICSA) fifth birthday celebration in Healesville.

A community controlled Indigenous organisation, HICSA has a proud history of achievement for its community. The Inspiro team value the partnership with HICSA.

Congratulations to everyone involved over many years.

I hope you all had an opportunity to reflect on ANZAC day. There were many services held across the Yarra Ranges. I was fortunate enough to go to the ANZAC day game at the G and to observe the silence from 100,000 people was amazing.

# Are you a woman concerned about your health, but don't know who to ask?

## Inspiro Service Feature

### Parenting - Sing, Play, Create



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.

Sessions are run on Tuesday mornings at Belgrave.

### Gentle Exercise - Aquatic Physiotherapy

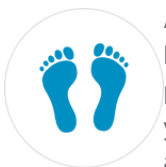


This is a gentle water exercise class for adults, run by our physiotherapists. Great for those in

rehabilitation, have joint or muscle pain or are simply interested in general fitness.

Sessions are run on Tuesday afternoon at Croydon Aquatic Centre, bookings are essential.

### Podiatry Nail Care Clinic



A special nail care clinic has been set up for people aged over 75 years. Supervised by a qualified podiatrist

and treated by a trained allied health assistant. This service is not suitable for people requiring corn or callous treatment.

Available at Inspiro in Lilydale and Belgrave.

[Contact us today to find out more](#)

Finding the right person to talk to about women's health issues is not always easy.

Many women find they put up with problems like continence and bladder issues or sexuality and relationship issues, as they are not sure who they can talk to in a comfortable and supportive environment.

This is why Inspiro has introduced special women's health consultation sessions which are available to all women in the Yarra Ranges. The individual sessions are run with a qualified nurse who consults on a wide range of women's health issues and can link to other health professionals.

Inspiro's community health nurse is available to talk confidentially about any women's health issue including; breast health, mental health and body image, menopause, continence, pap smears, sleeping, mood changes and more.



Often these types of concerns are either ignored or accepted or a person simply does not know who to talk to for advice.

This free service is run in Lilydale on Tuesdays afternoons, call to arrange an appointment.

The women's community health nurse is also available to run group sessions on location, such as at aged care homes or women's groups.

[Contact us today to find out more](#)

## Stop smoking service available



Let us help you get tobacco free and live a longer, healthier life!

Inspiro are running a new Stop Smoking service for 2015. If you have thought about quitting and would like some assistance we can help.

We understand the challenges of quitting smoking and can help support you throughout the process.

You can learn about nicotine replacement and behaviour strategies that will increase your chances of long term success.

[Contact us today to find out more](#)

# Belgrave Community Hub update

The exciting Belgrave Community Hub will be open to all families and individuals in the wider region, with many activities being of particular benefit to people who face extra challenges in linking with services or the wider community.

**A** new community hub planned for Belgrave will provide upgraded facilities, with disability access, to accommodate a large number of community services under the one roof. The plan has received tremendous support from people in the community.

The community hub will help respond to the high demand in the Belgrave area for allied health, dental services, as well as specialist services including social support for older people and people experiencing family violence.

Yarra Ranges Mayor, Maria McCarthy, said Council and Inspiro were also keen to see mental health services, such as Headspace, provide outreach from the hub for young people experiencing mental health issues.

The Belgrave Community Hub will house services including Council's maternal and child health, youth and aged and disability services.

It will also be home to the Dandenong Ranges Emergency Relief service.

Visiting counselling services for victims of sexual assault or people experiencing financial hardship are also expected to operate from the hub.

Cr McCarthy said, "Currently these types of services are not readily available in this area, and the public dental waiting list for people needing dentures is around three years."

"The new community hub will provide these important services and support networks to those who are most in need," Cr McCarthy said.

The new health hub will also respond to the need for upgraded facilities to accommodate a large number of community services that were currently operating out of unsuitable buildings.

Many buildings currently used are difficult to access for elderly clients or



Mayor Maria McCarthy, Inspiro Chairman Stephen Potter and Inspiro CEO Karyn McPeake review the Belgrave Community Hub plans.

people living with disabilities, which can make it difficult to attract other community service providers to operate out of Belgrave.

Everyone who visits us for services deserves to be treated in a comfortable and pleasant environment, and the health hub is vital to improve and increase our services in the local area for a healthier community.

Accessing services at the Belgrave Community Hub will provide families and individuals a sense of belonging and creates friendships and support networks.

**Tell us your Feedback**

Inspiro would love to hear your feedback on how you use the existing Belgrave service and what you think the upgraded facility will offer you.

Please call us on 03 9738 8801 or email [hello@inspiro.org.au](mailto:hello@inspiro.org.au)

# Quality corner

## Why you get asked for identification (ID) multiple times at Inspiro...

When you come to Inspiro for dental care, you will be asked for identification up to three times at each appointment. This is to make ensure that we are giving the right treatment to the right patient.

The three times you will be asked for ID are:

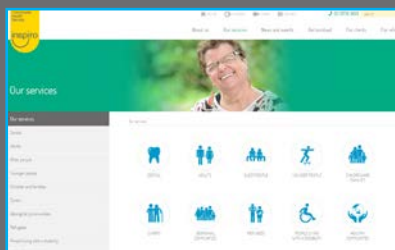
1. When you arrive for your appointment - at the reception desk.
2. When you are taken from the dental waiting area to the dental surgery
3. Before you are in the dental chair, prior to any consultation

Patients will be asked for at least three unique identifiers, specifically your full name, date of birth and address.

If you have any questions or concerns about this, please ask our dental staff.



## Have you seen our new website?



In February this year Inspiro launched a new look website.

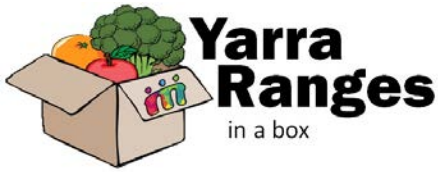
Following from consumer feedback on the look and feel of the site, Inspiro has made several changes to the layout and imagery of the website.

If you visit the site you will notice a range of new images, including some faces you may recognise as Inspiro staff, volunteers or clients. Thank you to those who helped us with this.

The layout of the site has also been changed so that you can find the information you need quicker.

You can subscribe to the electronic version of this email and have it delivered straight to your inbox. Email us at [hello@inspiro.org.au](mailto:hello@inspiro.org.au)

**Any further comments or feedback on the website are welcome.**



Yarra Ranges in a Box is a social enterprise that was created to fill a need in our local community. The initiative is supported by Melba Support Services, a not-for-profit, community based organisation that supports people who live with a disability to lead lives of their choice.

The aim of Yarra Ranges in a Box is to create valued roles in the community, while also bringing fresh, affordable, local produce to your door. Yarra Ranges in a Box provides convenient weekly deliveries of seasonal fruit and vegetable boxes.

The Inspiro Health Promotion team are supporting this initiative and encourage you to try one of these great value boxes of fresh, local fruit and vegetables. Couples boxes are \$15 and a family box is \$25, delivered straight to your door.

For further information or to place an order please call Sarah and the Yarra Ranges in a Box team on 9212 0100.



## What does a Children's Occupational Therapist do?



At Inspiro, a Children's Occupational Therapist can help kids participate in important, everyday activities at home, preschool and in the community.

A Children's Occupational Therapist can support families and their children by;

- Working on fine motor skills (hand skills) so children can explore and manipulate small toys, use a pencil to draw and write, and cut with scissors
- Working on gross motor skills (movement skills) so children can catch a ball, run, jump and climb
- Developing self-care skills so that children can become more independent with dressing, toileting, eating and sleeping
- Developing a child's ability to pay attention and concentrate on age appropriate activities

- Working on a child's ability to interact and play nicely with their friends

If you have concerns with aspects of your child's development in these areas our therapist can work with you and your child to develop these skills.

This could include:

- Assessment and advice about the stages of typical child development
- Direct therapy sessions, in a small group or individually
- Training and education for parents on how to help at home

[Contact us today to find out more](#)

### Inspiro staff member finishes the Oxfam Trailwalk

Inspiro Dietician, Tracey Higgins, finished the Oxfam Trailwalk in April.

The Oxfam Trailwalk is one of the most inspiring team challenges in the world. Teams of four journey through 100km of bush trail within 48 hours. It is not a relay, each team has to start together, stick together and finish

together – it's a tough physical and mental challenge.

Congratulations to Tracey and her team who completed the walk in 35 hours. In addition to the walk, the team achieved a fantastic fundraising effort, raising \$3167 for Oxfam.

# Meet the 2015 Tertiary Health Scholarship winners

## Elizabeth Kay, Healesville - \$3,000 Inspiro Tertiary Health Scholarship



Elizabeth is currently studying a Masters of Nursing Practice and a Post Graduate Certificate in Diabetes Education at Deakin University. She previously completed a Bachelor of Nursing and decided to focus her career on public health, including chronic disease management. Elizabeth intends to apply her knowledge in a role in diabetes education in the health or community sector.

Elizabeth has been very active in her local community, both in sporting clubs and with the Rotary Club of Healesville who presented her with a Citizenship Award. Elizabeth is currently juggling working 3-4 shifts a week in the Knox Private Hospital Intensive Care Unit and studying full time.

Winning this scholarship will mean that the financial strain of textbook and transport costs will be relieved.

## Kate Taylor, Mount Evelyn - \$3,000 Eastern Melbourne Medicare Local Tertiary Health Scholarship

Kate is in her second year of a double degree Bachelor of Paramedic Practice and Bachelor of



Public Health Promotion at Latrobe University Bendigo.

Kate has spent her life living and working in the Yarra Valley and has spent significant time in volunteer roles in the community. In particular, Kate volunteers at Yarra Ranges Special Developmental School, working with children who have a range of learning difficulties and assisting them in and out of the classroom and with special events and activities.

Through Kate's life experience she has been involved with people from many walks of life and has studied in many different areas including hairdressing, funeral services and business. She has a strong understanding and acceptance of people with different abilities and intends to use this in her chosen career.

## Jiyah Burgess, Monbulk - \$2,000 Inspiro Encouragement Award

Jiyah is in her second year of studying a Bachelor of Nursing at Monash University.

Jiyah is a member of Lilydale Pony Clubs where she mentors younger riders and assists in fundraising.

She has developed strong mentoring and communication skills which she intends to transfer to her working practice at nursing.

Jiyah has had a lifelong ambition to work in the healthcare field and hopes to spend some time in a third world country to provide primary health care.



## Esther Rijk, Yarra Glen - \$2,000 Yarra Ranges Council Mayoral Encouragement Award

Esther is currently in her third year at Latrobe University studying a Bachelor of Health Sciences, to be followed by a Masters in Dietetics.

At the age of 18, Esther travelled alone to Africa, spending one year traveling, working and volunteering across 10 countries in south, east and north Africa. During her time in Africa, Esther volunteered at a Primary School and Orphanage in the Kibera Slum, Nairobi, Kenya. The condition of the school and of the student's health, education and nutrition was absolutely heartbreaking, and this was something she couldn't ignore.

Esther was so deeply moved by the devastating poverty and malnutrition that she decided to use her knowledge to make a difference in the lives of those who are suffering.

Upon graduation from Latrobe, Esther would like to focus her life and career in nutritional development in the developing world, particularly focussing on malnutrition prevention and nutrition education.

## 2016 Scholarship Award Nominations

Nominations for the 2016 Inspiro Tertiary Health Scholarships will open later this year. Visit [www.inspiro.org.au](http://www.inspiro.org.au) to register your interest or find out more.



## 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.



## Community services

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

### 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.

## 10% private dental discount for holders of

- Seniors card
- Pensioner card
- Health care card
- Carers card

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, Carer 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.



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

## 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) 9378 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

Opening times:  
8.30am – 5.00pm  
Monday – Friday  
(open till 8pm Tues)  
Saturday  
8.45am - 1.45pm

**Belgrave**  
1624 Burwood Hwy  
Belgrave VIC 3160

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



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