

# Inspiro Insider

## Spring 2014

### Drug and alcohol counselling now offered by Inspiro in Lilydale and Belgrave

Inspiro is part of a winning bid to deliver new drug and alcohol services in the outer east.

Yarra Ranges residents are set to benefit from sweeping changes to local drug and alcohol treatment services, thanks to a collaboration between Inspiro, Turning Point and Eastern Melbourne Medicare Local.

The changes focus on centralising intake and creating a single point of access, while improving links to other local health and supportive services.

The new, streamlined service means people can access the drug and alcohol treatment services they need, when they need them, and will include non-residential treatment and support services.

The initiative is funded by the Victorian Government as part of a \$41 million drug and alcohol recommissioning across the state.

Inspiro is now providing drug and alcohol counselling from our Lilydale and Belgrave sites as part of this initiative.

## SARAH'S STORY

Sarah\* and her two children were used to living with an absent father. For many years, Sarah had struggled with her husband's ongoing alcohol addiction.

The alcohol abuse took its toll on his mental health and he was admitted to a psychiatric facility. The abuse also took its toll on the family, but Sarah and the children continued to rally around him, visiting him and playing an active part in his health care.

After some time, things started to look more positive for Sarah's partner. He had set himself goals to attend Alcoholics Anonymous, to return to work and to become a better person. But it was his last goal that shook Sarah's world - he didn't want to return home to his family.

"At first I was upset," Sarah said. "Then I was angry. Angry that I had tried so hard to make things work and for what we have endured."

Sarah was initially referred to Inspiro's counselling services. Counsellor and social worker Deborah was Sarah's first step in dealing with the new set of issues she now faced.

Deborah helped Sarah address the grief she was feeling from losing the future she had once expected.



**Alcohol abuse by Sarah's\* husband was taking its toll on the family.**

Sarah connected with Deborah straight away. "Deb's drug and alcohol expertise was really helpful to me. She understood what my children and I were going through," Sarah said.

Deborah also started counselling Sarah's 10-year-old son to help him cope with the anger he was feeling towards his father.

Sarah was put in touch with legal advice from an Eastern Community Legal Service representative who visits Inspiro once a month for Inspiro clients.

*\*Not her real name or image*

Story continued on page 2.

**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

Mt Evelyn Junior Football Club played a major role in a community initiative, YOU&I, to promote gender equality and respectful relationships within the sporting arena.

YOU&I is a partnership project between Inspiro, Yarra Valley Community Health and supported by Yarra Ranges Council and AFL Country Victoria, aimed at preventing violence against women.

A series of interactive awareness raising sessions were delivered with the club committee, parents and players of the U13, U14 and U16 teams. This accompanies the key message of "Equality and Respect Go Hand in Hand."

Football clubs are in a key position within the community to role model respectful behaviour and ensure their clubs are family friendly and inclusive.



Inspiro teams up with Yarra Valley Community Health and Mt Evelyn Junior Football Club to break gender stereotypes among local youth.

By volunteering to participate in this program, Mt Evelyn Junior Football Club is showing that they want to be key players in the community to promote equality between men and women, and promote respect amongst their players, parents and spectators.

For more information about the project, please visit the YOU&I website: [youandirespect.com.au](http://youandirespect.com.au).

## SARAH'S STORY

*from page 1...*

Sarah took part in Inspiro's Finding Me Being Free program, run by family violence worker Gillian, and then attended Anglicare's Mums Guiding Kids Forward program which was also co-facilitated by Gillian, to help her support her children after the separation.

"Deb and Gill have shown me how to handle the issues I've had to face and they have helped me discover the positive and strong person that has always existed inside me," Sarah said.

"And they reminded me that I was doing a good job, right when I needed to hear those words the most."

Sarah continues to live in the family home with her two children. They are surrounded by wonderful family and friends who have been very supportive. Sarah currently receives no financial support from the children's father, and she is working hard to pay off the home where they can create new happy memories.

## Gillian's Corner



We are very excited to be part of a successful consortium with Turning Point (Eastern Health) and Eastern Melbourne Medicare Local to bring effective drug and alcohol services to Melbourne's outer east.

Inspiro now offers drug and alcohol counselling to the Yarra Ranges community from our Lilydale and Belgrave sites as part of this initiative.

Our client 'Sarah's' story is a great example of a woman's determination to protect her family's emotional wellbeing after alcohol abuse impacted their household.

Thank you to Sarah and other clients who generously allow us to share their stories so our readers can be inspired to seek help.

I would also like to thank our clients, staff and professional peers for taking the time to complete our consumer survey. We have summarised some of our findings in this edition.

Congratulations goes to Barb Dobson, our Aboriginal health promotion officer for her award win at a local NAIDOC event recently. It is great to see Barb publicly recognised for the great work she does with the Yarra Ranges' Indigenous community.

I trust you are looking forward to spring as much as I am, enjoy the warmer weather!

Stay healthy,  
Gillian Smith, Primary Care Manager

## Legal Issues for women experiencing family violence

### FREE EVENT

For women experiencing current or past family violence and are (or likely to be) involved in the legal system. Topics include:

- Obtaining an Intervention Order (IVO), how police can help and IVO legislation
- What to expect from the Family Law system and the reality of using it
- Where to go to get help
- Information is empowerment.

When: October (date TBC)

Call the family violence worker at Inspiro on 9738 8801 to register your interest.

# 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.

## 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

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, 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 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 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 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 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

Register your interest for Term 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.

## ANNUAL GENERAL MEETING



With guest speaker, Kevin Sheedy.

When: Thursday 23 October 2014

Time: 4:00– 5:00pm

Where: 17 Clarke Street, Lilydale

Cost: Free

Refreshments provided. Please call 9738 8885 to RSVP by 20 October.

## 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: 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.

## 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.

When: Starts Tuesday 14 October, 2014

Time: 10:00 - 11:30am and  
5:30 - 7:00pm

Where: Inspiro, 17 Clarke Street, Lilydale

## Youth

### Youth Health Clinic

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.

## FREE Inside Inspiro Tour

When: Every LAST Tues of the month  
(30 Sep, 28 Oct, 25 Nov 2014)

Time: 2:00– 2:30pm

Where: 17 Clarke Street, Lilydale

# 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.

When: Thursdays, 9 Oct - 27 Nov

Time: 10:00am - 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 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

### Young Parents' Playgroup



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

Activities are facilitated by a child and family clinician and include art, singing, story telling and opportunities for parents and children to enjoy playing and learning together.

When: Wednesdays, Term 4  
(8 Oct - 10 Dec 2014)

Time: 10:00 - 11:30am

Cost: Free

Venue: Chirnside Park Community Centre, 33 Kimberley Drive

Call Inspiro to book on 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: 2:00- 4:00pm, Tue 18 Nov

Venue: Lilydale. TBC

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

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 four years.

When: Tuesdays, Term 4 (7 Oct - 9 Dec)

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 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.

## 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+ 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.

## 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 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 Shepherd Youth and Family Services to provide funds for loans to low income individuals and families living in the Shire of Yarra Ranges.





# What our consumers say



Results from our three-yearly consumer survey are in!

Almost 400 online and hardcopy surveys were submitted, which represents a return rate of over 40 per cent, well above standard response rates.

Many people thought Inspiro provided excellent services and commented on the positive experiences they had. These comments referred to the friendliness of staff, the quality of information received and the welcoming environment. Almost all consumers considered Inspiro services affordable.

Most consumers thought Inspiro services 'are fine just the way they are'. However, unsurprisingly, one of the main areas mentioned for improvement was the waiting lists, particularly for dental services. The access to services for people residing outside the Lilydale and Belgrave was also mentioned.

- Consumers who 'strongly agree' that they are satisfied with their experience of Inspiro increased from 44.4% (2011) to 54.2% (2014). Overall satisfaction was 92%.
- Inspiro was acknowledged as an important part of the local community and provided affordable accessible services.
- Over 80% of consumers thought the logo reflects the core business of Inspiro and was a happy, friendly and colourful image.
- General awareness of Inspiro was good however 25% of clients thought that awareness could be improved.
- Consumers were asked what 'healthier living' meant to them. Of equal importance to physical health was happiness and a sense of wellbeing, emotional health, social inclusion, independence and ageing well.

We are now looking at how we can use the feedback to improve the health services we provide to the people of the Yarra Ranges. Thank you to everyone for supporting our survey.

**Seniors Card  
holders get 10%  
dental discount**



**SENIORS CARD**

*Welcome here*

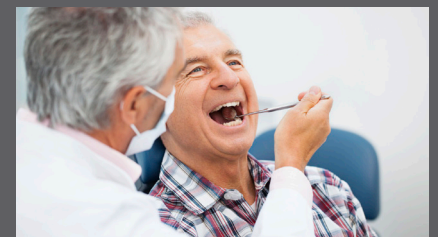
## It's official!

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

This offer is valid only with our fee-paying service and your Seniors Card must be presented at the time of your appointment.

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

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



## FREE ROAD SAFETY SESSION FOR SENIORS

This RACV course offers safety tips for drivers, passengers and pedestrians and includes:

- the impact of health and medications on driving
- the importance of choosing a safe vehicle and being fit to drive

- how to assess your own driving ability
- how to plan for future mobility
- alternative transport options.

When: Wed 12 November

Time: 10:30 - 11:30am

Venue: 17 Clarke Street, Lilydale

Bookings essential. Call Maureen on 9738 8871.





## Quality Corner



Effective hand hygiene is the most important strategy in preventing health care associated infections.

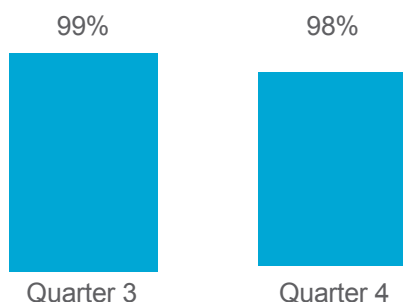
### Hand hygiene at Inspiro

Inspiro has adopted the World Health Organisation's 5 Moments of Hand Hygiene in our dental clinic.

All dental staff completed annual training and a dental therapist has been trained as a gold standard accredited auditor through Hand Hygiene Australia. Since implementing the program we have had excellent hand hygiene audit results.

Congratulations to the dental team!

#### HAND HYGIENE COMPLIANCE 2013-14



### Inspiro's Aboriginal health promotion officer awarded



(Left) Dosena Fergie awards Barbara Dobson at a local NAIDOC event.

Barbara Dobson was awarded the Non-Indigenous Community Award for Outstanding Commitment to the Local Aboriginal Community at the Eastern Metropolitan Region's NAIDOC celebrations.

Dosena Fergie, a respected local Aboriginal community member, acknowledged Barbara's contribution.

"Her work in developing referral pathways and service coordination is re-shaping regional health and wellbeing in service delivery.

"These initiatives seek to contribute to best practice in the emerging field of Aboriginal health in urban contexts," she said.

The annual NAIDOC award ceremony celebrates the achievements of individuals within the Aboriginal Community – their skills and talents and their contribution to their community.

It also provides an opportunity for Aboriginal and non-Aboriginal people to come together to celebrate Aboriginal history and culture.



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)



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