



Inspiro Lilydale site Feb 2000



Ranges staff 2004



Inspiro launch 2012

Inspiro celebrates 21 years of service!

This year, Inspiro Community Health Service is celebrating the milestone of 21 years of service to people in the Yarra Ranges region. We would like to invite you to join us in celebrating and share your experiences with Inspiro.

Ranges Community Health was established in 1995 after the amalgamation of Mooroolbark and Sherbrooke Community Health Centres. In 2000 the purpose-built centre in Clarke Street, Lilydale was opened and in 2012 Ranges Community Health officially changed its name to Inspiro, in response to community feedback.

In 1995 Ranges Community Health had 6 employees. Since then we have worked with countless dedicated staff to deliver quality, local health services for everyone. Today Inspiro employs more than 80 staff.

When clients enter our doors they are greeted by our friendly receptionists. Many of our clients would know our longest serving employee, receptionist Kathryn Meredith.

Kathryn has been with us for the entire 21 years, in fact she is celebrating 23 years in March, as she started with Mooroolbark Community Health Centre before it became Ranges Community Health. Kathryn has seen many changes over the years and this year she will be our 21st Celebration Ambassador. Kathryn will give us insights into the history of Inspiro, events, staff and community.

Email us at hello@inspiro.org.au for more information or to share your story.

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to the Inspiro Insider
email us :
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.



Highlights from 2014-15



1699
New clients in primary care services



2702 preschool and primary aged children received free dental screenings



PODIATRY WAITLIST REDUCED BY 70%



DRUG & ALCOHOL SERVICES STARTED



It's a go!
Belgrave hub
Partnered with Yarra Ranges Council to secure State and Federal funding



29,523 client visits



KARYN MCPEAKE, CEO



This is our first edition of Inspiro Insider for 2016! We are looking forward to a year of celebrating our 21st anniversary; to acknowledge our clients, community and staff.

I joined Inspiro in 2008, a year of new beginnings as Eastern Health

completed the Yarra Ranges Health building, connecting our services and providing a major health precinct for the area. Since then we have grown in all areas of our business and last year we saw more than 13,000 clients who had a total of more than 29,000 consultations.

This year we are continuing to develop our services through health promotion programs for the community, dental outreach into aged care facilities, new counselling programs, diabetes education and much more. Plus,

we will have new beginnings once again as the Belgrave site is closed and building work will commence on the new Belgrave health hub.

We are trying new things and getting you involved. I encourage you to come along to our Feedback Forum in March, tell us what you think and help us to develop programs for people like you.

Have a great 2016!

You can email me directly at karyn.mcpeake@inspiro.org.au

Inspiro Tertiary Health Scholarships Applications now open!

Inspiro Service Feature

Movement and physical health Hip Health Knee Knowledge

The Hip Health Knee Knowledge is a long running, popular Physiotherapy program run at Inspiro Lilydale. It is designed specifically for people with hip and knee joint problems.

The program involves a four session multidisciplinary information and exercise program. Participants learn more about:

- causes of hip and knee pain
- appropriate exercises
- how to manage conditions to prevent further damage.

A physio assessment is required before commencing the program which is \$10 per session.

The 2016 course dates are:

Thursday mornings 10:00-12:15pm
Term 1 2016:
11 Feb, 25 Feb, 10 Mar, 24 Mar

Term 2 2016:
14 Apr, 28 Apr, 12 May, 26 May

Contact Inspiro directly to make an appointment.

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



Tertiary students studying medicine, nursing, allied health or other health science, who live in the Shire of Yarra Ranges, are invited to apply for the 2016 Inspiro Tertiary Health Scholarships by Tuesday 1st March.

2016 is the 10th Year of these awards, which have provided financial support to some of the Yarra Ranges' brightest health students. The scholarships recognise the importance of investing in our future health professionals.

Yarra Ranges is home to many talented and hardworking students who face transport and financial issues and in some cases, personal hardship.

These scholarships were created to help alleviate some financial pressure while these students pursue a demonstrated commitment to their studies and local community.

This year we have four scholarships, two \$3000 and two \$2000 awards. Applications are now open, to find out more visit www.inspiro.org.au/scholarships

Inspiro Service Feature

Health and wellbeing

Understanding Diabetes Course

The Understanding Diabetes course is for people living with type 2 diabetes. The course helps people with type 2 diabetes to learn how to manage their health with confidence.

The next course is in February and bookings are available now. Dates for the February course are:

February 4th, 11th, 18th, 25th at 1:30-3:30pm in Lilydale.

The cost is \$7 per session.

Contact Inspiro directly to book.





We are here to help seniors

At Inspiro we believe everyone should have access to quality healthcare services. We offer a range of programs and services for seniors, in direct response to your needs.

Call us or visit our website www.inspiro.org.au to find out more about our full range of programs.

Inspiring healthier lives



Whether you are recovering from an injury, illness or if you simply want to maintain your independence and safety at home, Inspiro can help.



In addition to our health services, we provide home safety visits and advice on mobility aids, equipment and minor modifications.



Health services

- Physiotherapy
- Podiatry
- Dental
- Nutrition advice
- Counselling
- Occupational therapy
- Speech therapy
- Community health nurse



Health programs

- *Hip health knee knowledge*: help with hip and knee joint problems
- *Staying steady**: improves strength, balance & fitness
- *Steady as you go**: falls and balance therapy
(*in partnership with U3A)



Seniors groups

- Graduates walking group
- Friendship group
- Bookwell group
- Links to local fitness groups for water exercise, strength training and Tai Chi



We run a number of individual and group programs:

- Diabetes management
- Chronic disease prevention
- Well Women's services
- Stroke support group: for stroke survivors & carers
- Communication Chat Group

Belgrave Children's Services relocated



Inspiro Belgrave children's speech and occupational therapy services have relocated to the Sherbrooke Family and Children's Centre. The Centre is on 1443 Burwood Highway, Upwey, only a four minute drive from the Belgrave site and parking is available.

The relocation is in preparation for the building of the new Belgrave Hub which has been approved and will commence later this year. All other services at Belgrave will remain until later in 2016. To book any appointments with Inspiro please continue to call us on 03 9738 8801.

New Counselling group

Healthy mind, healthy body

A workshop for people living with a chronic condition

Managing a chronic health condition can be challenging, and cause a range of feelings that can affect our ability to effectively manage our health.

This workshop will help participants to learn how to identify and manage these feelings, so they are better able to manage these feelings and

work towards their personal health goals.

These are group workshops run by a Registered Psychologist.

The dates for 2016 are listed below.

March	Thursday 3rd	1:00 -3:30pm
May	Thursday 5th	1:00 -3:30pm
June	Thursday 30th	1:00 -3:30pm

Bookings are essential.

To book or find our more please call 9738 8801.

Meet our new counselling staff



Lauren Ward, Counsellor

Lauren is a social worker with experience in a range of community settings, who works creatively to increase resilience and enhance coping skills by drawing on solutions and building on character strengths. Lauren works with children, adolescents and adults as well as people with food/eating, mood issues and social problems.



Louisa Cleland, Registered Psychologist

Louisa is a Registered Psychologist with over 15 years' experience counselling adults.

Louisa's therapeutic style is client-centred and goal-directed, with a particular focus on the development of insight and awareness.



Benn Veenker, Drug and alcohol support worker

Ben is an experienced AOD counsellor who works with clients who believe that their drug and/or alcohol use is having a negative impact on their lives. Benn is responsible for providing confidential addiction specific counselling, education and support to individuals and to assist in the promotion of healthier lifestyles and choices..



We are here to help children

At Inspiro we believe everyone should have access to quality healthcare services. We offer a range of programs and services for children and families.

Call us or visit our website www.inspiro.org.au to find out more about our full range of programs.

Inspiring healthier lives

If you have concerns with aspects of your child's development, such as coordination, fine motor skills or speech you could see a qualified therapist for assessment, advice and tailored treatment.

In addition we have nutrition experts who can provide healthy eating advice, and community nurses for other family support needs.



Speech

A children's speech therapist works with preschool aged children who are experiencing difficulties in areas such as:

- the use and understanding of language
- speaking clearly
- fluency of speech (stuttering)



School readiness

A children's occupational therapist works with preschool aged children to address difficulties with:

- drawing, writing, using scissors
- balancing, jumping, catching a ball
- dressing, using a knife, fork and spoon, toileting
- attention, organisation, activity levels



Family support

- Healthy Mothers, Healthy Babies - support for vulnerable pregnant women
- Let's Play & Sing, Play Create - supported playgroups in two locations
- Youth health services



Dental

Children under the age of 12 are all bulk billed (no cost). Children eligible for the Dental Benefits Schedule services are bulk billed up to the age of 17.

Open invitation: Inspiro's first annual feedback forum Tuesday 22nd March 2016

Tuesday 22nd March, 11:30am – 1pm, Inspiro Lilydale



Come along for a free lunch, a goody bag and give us your feedback!
All Inspiro clients are invited to this forum where you have the opportunity to have your say. Topics covered will include:

- what you think about Inspiro: what you like and what you don't like
- look at our flyers and materials and give us feedback
- make suggestions on potential new programs and services
- how we communicate with you

Community members are invited to attend this 90 minute informal feedback session, followed by lunch. Places are limited so please RSVP by 17th March 2016 or for further information contact Lucille Degenhardt.

Email: Lucille.degenhardt@inspiro.org.au

Inside Inspiro Tour - Experience Inspiro in action!

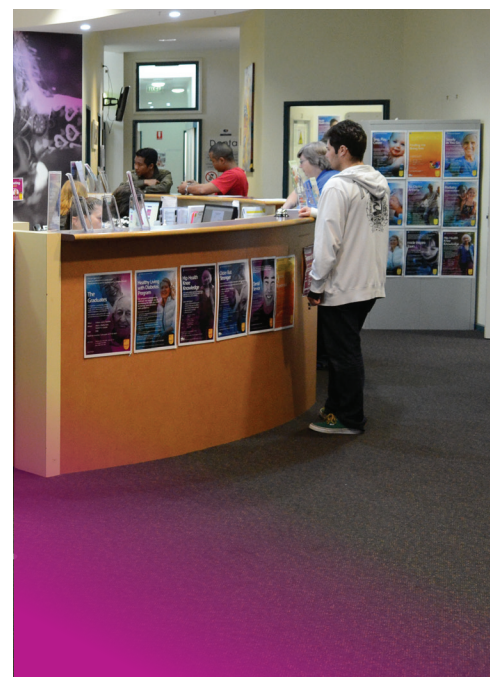
Have you ever wanted to know about the range of services Inspiro offers?
Do you want to see what a friendly dental surgery looks like?
Do you want to find out what an occupational therapist actually does?

On an inside tour of Inspiro you'll have all these questions answered and more!

Inspiro treats over 13,000 clients per year and has an overall consumer satisfaction at 92%. Tours are conducted by clinicians and take you behind the scenes to explore all facets of Inspiro.

The next tour is on Thursday 25th February 4:00pm.

To book your place call us on 9738 8801 or visit www.inspiro.org.au/tours



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 to a support service 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 www.inspiro.org.au or call us.



Australian Government

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) 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

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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InspiroCHS](https://facebook.com/InspiroCHS)



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twitter.com/InspiroCHS

www.inspiro.org.au