



## Inspiro celebrates Belgrave funding win

The Belgrave Community Hub (the Hub) is a major joint project between Yarra Ranges Council and Inspiro. The Hub will deliver outstanding health and community service access outcomes, economic benefits and positive urban renewal for the Belgrave town centre.

Jason Wood, Federal Member for Latrobe, was at the Inspiro site in Belgrave in late May to announce a \$3.835 million funding boost for the new Hub. This is the largest federal funding grant Yarra Ranges Council has ever received.

The announcement follows extensive lobbying efforts to secure funding for the \$8.7million project and is the largest community infrastructure grant Council have ever received. The Hub also successfully secured \$1million in State Government Funding last year.

The Hub will include Council's Maternal and Child Health, Youth Services, and Aged and Disability Services as well as Inspiro's services and the Dandenong Ranges Emergency Relief.

The project is now in detailed design with the project about to head into the planning permit stage.

The facility will offer:

- A dedicated service centre for a population catchment of approximately 215,000 across three Local Government Areas (Yarra Ranges, Knox and Cardinia), which enhances access to health services and facilities for residents.
- Significant improvements to the Belgrave streetscape and contribute to urban renewal.
- Investment in accessible services and spaces for the broader community.
- The co-location of a mix of services that can offer a focal point for structured workplace learning and vocational training for those completing or delivering qualifications in the health and community sector



Inspiro and Yarra Ranges Council have reviewed the impressive plans from architect, Mark O'Dwyer. If you would like further information on the project, please contact us.

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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.



# Reconciliation Week event at the Healesville Memo

HICSA (Healesville Indigenous Community Services Association) in partnership with Yarra Ranges Council and Inspiro hosted a wonderful event to celebrate Reconciliation Week.

A highlight for the 2015 Reconciliation Week in the eastern region was an event held on June 4th at the Memorial Hall in Healesville. Sponsored by project partners Inspiro, HICSA and Yarra Ranges Council, the event featured cultural activities, including creative visualisation, a didgeridoo performance and keynote speaker Professor Mick Dodson.

Aunty Joy Wandin-Murphy provided a moving welcome to country. Cr Fiona McAllister was a wonderful MC for the occasion, who also facilitated an excellent panel discussion in the afternoon. She highlighted the Yarra Ranges Council's Reconciliation Policy vision, which is for a united community that recognises the special place and culture of Indigenous peoples as first Australians, values their participation and provides equal life chances for all.

Professor Dodson shared thought provoking insights into integrating Indigenous way of knowing and the importance of acknowledging and learning about our shared history. He offered encouragement to everyone on the work that has been done by the Yarra Ranges Indigenous Advisory Committee on the Background Paper on Reconciliation, which supports Council's Reconciliation Policy and Framework for Action.

The event was well attended with over 130 people, comprised of many community members and Elders, Inspiro staff and Board members, Victorian government representatives, Yarra Ranges Council staff and leaders, and staff members of key local organisations. The eastern region leadership and commitment to reconciliation was acknowledged and recognised by many Indigenous community members. We have received a range of affirming feedback about the event which included comments about the safe, warm and inclusive atmosphere.



Professor Mick Dodson



Robert Bamblett played the didgeridoo at the opening of the event

## KARYN MCPEAKE, CEO



us and clients so much, we are always looking at ways we can support our community.

If there is any feedback you can give us we are always keen to hear from you and will listen to what you have to say. The challenges of the health care system into the future will only be met by us working together.

It's winter and a cold one so please take care in looking after yourself and your family (including the four legged variety). Until next time, best wishes.

This edition of the Inspiro Insider focuses on how we are working with our community and partners to improve health. After all, that is the whole reason we exist. From the great new development at Belgrave which will be a community centre with health services, to our wonderful volunteers who give



Leading Senior Constable Sophie Todorov, Senior Constable Linda Hancock, Inspiro's Gillian Smith and Acting Inspector Paul van Gemert at the Reconciliation Week event.



# Inspiro celebrates national Volunteer Week

## Inspiro Service Feature

### Women's Health - Healthy Women's Clinic



Inspiro's Community Health Nurse is available to talk confidentially about any women's health issues including menopause, continence, contraception and more.

Contact Inspiro directly to make an appointment.

### Wellbeing - Stop Smoking Service



Learn about nicotine replacement and behaviour strategies that will increase your chances of long term success in stopping smoking.

Contact Inspiro directly to make an appointment.

### Parenting - Let's Play



This fun and interactive group is run by a Child and Family Clinician and includes activities such as art, singing, playing and learning. For children up to four years.

Sessions are run on Wednesday mornings at Chirnside Park Community Centre. Contact Inspiro to register.

Contact us today to find out more



In early May Inspiro joined in celebrations to mark National Volunteer Week. On Thursday 14th May we hosted a special 'thank you' afternoon tea for our volunteers. The event was held at Coombe - The Melba Estate, once the home of Dame Nellie Melba. The Estate is a property of seven acres of stunning gardens, which the volunteers toured prior to afternoon tea.

Inspiro CEO, Karyn McPeake said "National Volunteer Week is a great opportunity to highlight the role of volunteers in our community and for us to say thank you to all of our volunteers."

Volunteers play a very important role in the services provided at Inspiro. Volunteers work alongside our staff and directly with our clients, building relationships with everyone around them.

Inspiro volunteers come from all walks of life, including tertiary students, stay-at-home parents, part-time workers and retirees, all of whom bring a unique set of skills, passion and personal attributes.

Here are some comments from our volunteers:

- "Inspiro looked after me when I was sick. The water exercise helped me immensely and after a few years and a couple of operations I felt well

enough to consider quitting. Just about then, Angela from Inspiro asked me to help as a volunteer. It's been good. I love meeting people and each week it is like a big family get-together as we all exercise and splash about in the pool.

A side bar to this is that I have been taught CPR and basic lifesaving. It is good to be able to give something back.... and to enjoy doing it as well. Thank you, Inspiro, for this opportunity."

*George*

- I like volunteering for Inspiro to see the happy faces and doing good things for people. I have made some good friends in the local area."

*Gerdie*

"We appreciate all our volunteers, past and present, without whom we wouldn't be able to deliver our health services to the Yarra Ranges community. Thank you to all our fantastic volunteers" Ms. McPeake said.

# Diabetes will impact you or someone you know

According to Yarra Ranges Council's Health and Wellbeing Profile, diabetes is a major cause of illness in the Yarra Ranges. The incidence of diabetes in the region is growing rapidly, by approximately 180% over the past 10 years and by 210% in hot spots such as Lilydale.

**D**iabetes is a complex condition, which can affect the entire body. Understanding diabetes is important even if you don't have it. You most likely know someone who has diabetes; maybe a family member or a friend. This is because diabetes has reached epidemic proportions in Australia and globally.

## What is diabetes?

Diabetes is a chronic condition. This means that it lasts for a long time.

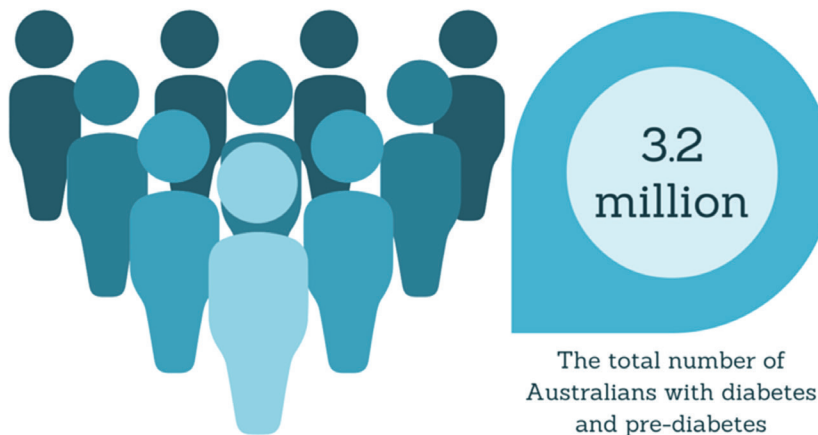
For our bodies to work properly we need to convert glucose (sugar) from food into energy. A hormone called insulin is essential for the conversion of glucose into energy.

In people with diabetes, insulin is no longer produced or not produced in sufficient amounts by the body. So when people with diabetes eat glucose, which is in foods such as breads, cereals, fruit and starchy vegetables, legumes, milk, yoghurt and sweets, it can't be converted into energy. Instead of being turned into energy the glucose stays in the blood. This is why people with diabetes have high blood glucose levels.

## Causes

Community awareness of the difference between type 1 and type 2 diabetes is still surprisingly limited.

Type 1 diabetes has no known cause and presently nothing can be done to prevent or cure it.



Type 2 diabetes (90% of all people with diabetes) is a result of both genetic and lifestyle factors.

## Risk factors for type 2 Diabetes

In Australia, nearly two thirds of men and half of all women are overweight or obese. This is a key factor in the alarming rise of type 2 diabetes. Yet up to 60 per cent of diabetes cases could be prevented, or at least delayed, by people maintaining a healthy weight. The main keys to long-term weight loss and reducing your waist measurement are healthy eating and regular physical activity.

## Taking action to prevent diabetes

Lifestyle courses have been shown to prevent type 2 diabetes in up to 58% of people at high risk.

Diabetes Victoria is coordinating the *Life!* program, a new evidence-based type 2 diabetes prevention program targeting people 45 years of age and over (or over 18 for Aboriginal and Torres Strait Islanders). Inspiro are pleased to be running the *Life!* Program at Lilydale.

This free program includes one individual and five group sessions with a health professional. It will provide you with information, support and motivation to achieve and maintain a healthy lifestyle.

If you think you might be at risk, please contact one of our diabetes nurse educators.

## Contact us today to find out more

Acknowledgement to Diabetes Australia for information used in this story and statistics used in infographic

# Are you at risk?



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

This FREE Diabetes Australia VIC program includes one individual and five group sessions with a health professional. Each session runs for approximately 90 minutes.

Topics include:

- Diabetes, heart disease and stroke
- Healthy eating and weight control
- Physical activity
- Stress management and improving sleep patterns

- Goal setting and managing lapses

Inspiro Community Health Nurse Susan Clinies-Ross specialises in diabetes prevention and management runs the Life! Program at Lilydale.

Susan said “We have run this program earlier this year and are finding participants are able to understand the lifestyle changes they need to make to reduce their risk.”

“Spending some time now to improve lifestyle habits is a much better option to reduce your risk of diabetes” Susan said.

Feedback from recent *Life!* participants:

*“I have learnt a lot about Diabetes prevention and how important lifestyle changes are to our health”*

*“Useful information to help understand the importance of healthy lifestyle”*

Pictured above: Susan Clinies-Ross and Sharita Medell, Inspiro Community Health Nurses.

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

## Meet our new staff



**Jennie Allen, Clinical Operations Manager**

Jennie started with Inspiro in April and has been working on streamlining and improving our clinical services for clients.



**Amy Neve, Physiotherapist**

Amy has joined the Physiotherapy team, seeing both community & private clients. This will reduce the Physiotherapy waitlist, giving clients speedier access to Physiotherapy services.



**Sharita Medell, Community Health Nurse**

Sharita works on the Healthy Living Support Programme (HLSP) which is a supportive goal setting programme for people with chronic conditions. Sharita also works on diabetes education within the Yarra Ranges community.



# Mark your calendars

## Seniors Festival events



### INSPIRO SENIORS FESTIVAL EVENTS

#### Best Foot Forward - Nail Care Clinic



If you are aged over 65 and have trouble looking after your feet, you can have your feet assessed by a qualified podiatrist and toenails cut by our specially trained Allied Health Assistant.

**Date:** Thursday 8 October

**Time:** Appointments available 10:00am - 4:00pm

**Cost:** \$10

Please note: you must be over 65 and unable to manage own nail care. Not suitable for clients requiring treatment of calluses or corns.

#### Healthy Cooking Made Easy



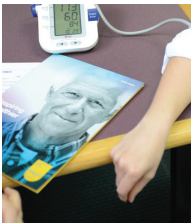
A fun cooking demonstration led by our dietitian, to help seniors eat well. Participants can eat their freshly cooked lunch together during the session.

**Date:** Tuesday 6 October

**Time:** 12:00pm - 2:00pm

**Cost:** \$7

#### Free Diabetes Risk Assessments



Take a short and pain-free diabetes risk assessment test. By knowing your risk and talking to an Inspiro community health nurse, you can help delay or prevent the onset of Type 2 diabetes. Take control of your health and get more out of life!

**Date:** Tuesday 6 October

**Time:** 2:00pm - 4:00pm

**Cost:** Free

**Bookings essential on 03 9738 8801**  
**17 Clarke Street, Lilydale**  
[www.inspiro.org.au](http://www.inspiro.org.au)

### Why Inspiro is now balloon free...

As part of the move toward a latex free environment, Inspiro has banned the use of balloons. For people who are allergic to latex, balloons can be a significant cause of allergy symptoms. This is because the balloons contain small particles of dust containing latex which become air borne when the balloons are blown up. These particles can then be circulated around the organisation, unwittingly affecting any person with a latex allergy.

Inspiro has already changed all surgical gloves to non-latex gloves to minimise exposure to latex.



### Inspiro Monthly Eye Clinic

Inspiro is running a once a month eye clinic, in conjunction with the College of Optometry.

Anyone on a pension or health care card can access this service free.

The service also allows you to access cheaper glasses through the College of Optometry directly.

### When to be concerned about a child's stutter



Recent research suggests 11.2% of children show signs of stuttering by age four. However, this does not mean that your child could have a problem. In many children stuttering can resolve on its own.

The two major signs of when you should consider visiting a children's speech

therapist are:

1. They have been stuttering for more than 12 months
2. You are concerned or anxious about the stuttering

Stuttering can be improved greatly with therapy, especially if treated early.

## Quality corner



### Continence care for women

More than 70 per cent of people who experience incontinence are women, with many experiencing problems after childbirth and menopause.

Menopause is a time of change in a woman's life. One of the changes many women notice is increased difficulty with bladder and bowel control.

When you are pregnant you get a lot of advice from many people, but something few people talk about are bladder and bowel control problems in pregnancy and after the birth.

Passing urine frequently and rushing to the toilet (urgency) to pass urine are the most common symptoms. There are many other symptoms which should not be ignored because without help, they rarely go away and usually get worse over time. They can interfere with work, social activities, and sexual and personal relationships. Yet many women do not seek help. It is important that you seek help because the good news is that these problems can be treated, managed and often cured.

Inspiro has a Women's Health Nurse who is available to talk with you about any of these issues.

Contact us today to find out more

### Help to improve our service

Inspiro would like you to join our Consumer Register and participate in improving our health care service. Consumer participation is valued because it is an aid to improve health outcomes and the quality of health care and is a mechanism to ensure accountability.

Participation occurs when consumers, carers and community members are meaningfully involved in decision making about health policy and planning, care and treatment, and the wellbeing of themselves and the community. It is about having your say, thinking about why you believe in your view, and listening to the views and ideas of others. In working together, decisions may include a range of perspectives.

How you can participate with Inspiro:

- providing feedback to improve our services
- participation in our quality, ethics, safety or governance committees
- reviewing consumer feedback and complaints
- reviewing our annual quality of care report, annual report and client communications

Visit [www.inspiro.org.au](http://www.inspiro.org.au) to join the Consumer Register or contact us today to find out more

### Volunteering in the community

New data shows volunteering rates in Australia are declining for the first time in almost 20 years with 75% of people surveyed saying they feel rushed or pressed for time.

Results of the Australian Bureau of Statistics (ABS) 2014 General Social Survey released on 29 June provide a snapshot of Australia's progress on aspects of wellbeing, such as life satisfaction and community participation, and reports that volunteering in Australia has fallen by 5% since 2010.

Volunteering Australia CEO Brett Williamson said the rate of volunteering was a key indicator of healthy communities and any decline in community participation was troubling.

Mr Williamson said the ABS results show the fall in volunteering, which mirrors a decline in community participation across the board generally, including sport and participation in special interest groups, such as politics and professional associations.

Volunteers are the lifeblood of Inspiro and a wonderful source of inspiration and knowledge. Our volunteers can be the difference between just running a service or running a great service! They are the direct link that connects Inspiro staff with our community and they are a great deal more than merely a willing set of hands.

Inspiro are currently seeking Volunteers to assist us in a range of capacities.

Contact us today to 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.



Barb Dobson  
Indigenous Health Promotion Worker

## 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](http://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](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

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



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