

WHAT'S ON

Calendar of Programs and Groups



ISIS



primary
care

**YOUR COMMUNITY
HEALTH SERVICE**

JULY - AUGUST - SEPTEMBER 2011

BRIMBANK

Campus Locations and Services Available

Services available at Brimbank:

- Acquired Brain Injury
- Adult Speech Pathology
- Audiology
- Brimbank Maternal & Child Health
- Cardiac Rehabilitation Program
- Child Psychology
- Community Aged Care
- Community Health Nursing
- Counselling Services - *General, Family, Alcohol & Other Drugs, Gamblers Help*
- Dental
- Diabetes Service
- Dietitian
- Exercise Physiology
- Family Services
- Health Promotion
- Linkages
- Medical Centre
- Needle & Syringe Program
- Neighbourhood House
- Paediatric Occupational Therapy
- Podiatry
- Physiotherapy
- Occupational Therapy
- Speech Pathology (0-school age)
- Women's Health
- Young People's Health

ST ALBANS CAMPUS

1 Andrea Street,
St Albans

Phone: 9296 1241

Melways Ref: 26:A2

DEER PARK CAMPUS

106 Station Road,
Deer Park

Phone: 9219 7142

Melways Ref: 25:E7

WATERGARDENS CAMPUS

Level 1, 399 Melton Hwy,
Taylors Lakes

Phone: 9449 6900

Melways Ref: 3:F12

SUNSHINE CAMPUS

122 Harvester Road, Sunshine

Phone: 9313 5000

Melways Ref: 26 H12

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Intake

For people requesting Allied Health and Counselling services, ISIS Primary Care operates an intake service over five sites. If you would like to access our services, please do not hesitate to give our intake service a call. Service is confidential.

Hobsons Bay	8368 3000
Wyndham	8734 1400
Brimbank	9296 1200

Feedback

ISIS Primary Care values and encourages feedback from clients about our services and facilities. We rely on your feedback to improve the services we provide.

- You can write comments and add to the Suggestion box available in waiting rooms
- You can speak to any staff member in person or by phone

Specialised Services

Healthy Brimbank Babies

Healthy Brimbank Babies combines several elements to improve access to ante natal care and post natal information and care in a community setting. The project combines Child Birth education, Early Parenting Sessions, Intensive Breast Feeding support program, Community Based Care Clinics and updates to multilingual information on breastfeeding

Contact: Leanne W on 9689 1577 or Narelle D on 9689 1577

Women's Health Clinic

Need a pap smear? Need a pregnancy test? Need advice? Make an appointment to see the Brimbank Women's health nurses to talk about any women's health issues that are important to you. Community education and support can be provided on request.

St Albans

When: Tuesdays, Wednesday and Thursdays

Where: St Albans Campus
1 Andrea Street, St Albans

Contact: St Albans Reception 9296 1200.

Sunshine

When: Monday and Wednesdays

Where: Sunshine Campus
122 Harvester Rd, Sunshine

Contact: Sunshine Reception 9313 5000.

Better Health Programs

Make A Move Program

A home based fall prevention / exercise program for people 65 years and over, who are at risk of falls. Clients are visited in their home by a Physiotherapist from ISIS Primary Care and given a set of exercises to help with strength and balance.

Contact: ISIS Intake on 9296 1200 for further details

Action for Diabetes

Do you need motivation to do more exercise, be more active and learn more about managing your diabetes as well as you can? Share your experiences and learn with others in this new group program.

Contact: Michelle or Sam on 9219 7142 for further information

Better Health Programs

Supermarket Tour For People With Diabetes

As part of a 2 hour supermarket tour, an ISIS Dietitian will show you how to read and understand food labels, select health food alternatives and identify products that are appropriate for people with diabetes. The Supermarket tour will be held on behalf of Diabetes Australia Victoria by an ISIS Dietitian. You will receive a DAV show bag and a DAV Health Shopping Guide on this supermarket tour.

When: Thursday 21 July 2011 **Time:** 10.00 - 12.00 pm

Where: Safeway Sunshine
569 Hampshire Road Sunshine

Contact: To book a place phone Kathryn on 9313 5000

When: Tuesday 16th August 2011 **Time:** 9.30 - 11.30 am

Where: Safeway St Albans
315 Main Road East, St Albans

Cost: \$10 (DAV members) or \$15

Contact: To book a place phone 1300 136 588

When: Tuesday 6th September 2011 **Time:** 9.30 - 11.30 am

Where: Safeway Brimbank Central
Cnr Neale & Station Road, Deer Park

Contact: To book a place phone Dung on 9219 7186

Diabetes Basics

Diabetes Basics is a 2 week program for people living with diabetes, where you can learn about Diabetes and how to take care of yourself. Get advice from a Dietitian, Diabetes Educator, Podiatrist and an Exercise Physiologist about healthy eating, medication, foot care and exercise.

When: Tuesday 9th & 16th August 2011

Time: 5.00 - 7.30pm

Where: Deer Park Campus
106 Station Road, Deer Park

Cost: \$3.00 concession or \$5.00

Contact: To book a place telephone 9219 7162

Diabetes Prevention group- for those at risk of getting diabetes

Come and learn about ways to improve your Lifestyle and reduce your risk of diabetes. Learn more about healthy eating and being active.

When: Next Course commencing Wednesday 17th August 2011

Where: St Albans Campus
1 Andrea Street, St Albans

Contact: Sarah on 9296 1330 or Dung on 9296 1331 for bookings and further information

Better Health Programs

Cook 'n' Chat Cooking Group

Are you interested to learn basic cooking skills? Would you like support from a Dietitian & others in the same situation? This is a 4 week cooking group for those living in Brimbank and teaches basic cooking skills and healthy recipes.

When: Thursday's from 18th August 2011

Time: 10.00 am - 12.00 pm

Where: St Albans Campus
1 Andrea Street, St Albans

Cost: \$3.00 concession or \$5.00 per session—payment required in full

Contact: To book a place call Kate 9296 1276

Balance Weight Management Group

Are you struggling to loose weight by yourself? Would you like support from a Dietitian and others in the same situation? This is an 8 week program which provides education and support to clients who want to lose weight. It includes education around food portions, support around non-hungry eating and things to help overcome this as well as practical suggestions on exercises that can be done in the comfort of your own home.

Where: St Albans Campus
1 Andrea Street, St Albans

Cost: \$3.00 per session

Contact: Lauren on 9296 1248 for further information and dates

Cardiac Rehabilitation Program

The cardiac rehabilitation program offered at ISIS Primary Care, Deer Park Campus is a health and wellness program for people with a cardiac related health problem. Incorporating a balance of exercise, activities, education and learning, the program attempts to help and support people in understanding and best managing their health problem and their goals for achieving an independent and healthier lifestyle.

When: Thursdays

Venue: Deer Park Campus,
106 Station Road, Deer Park

Cost: \$3:00 per session

Contact: Marcia G on 9219 7142 (assessment required prior to attendance)

Tai Chi for Arthritis Introductory Groups

A 8 week beginners course, developed for people with arthritis or painful joints. The gentle movements promote strength, flexibility and improved balance.

When: Mondays

Time: 2.00 - 3.00 pm

Where: St Albans Campus
1 Andrea Street, St Albans

Cost: \$3.00 per session

Contact: Sharon 9296 1226 for further information and bookings.

Better Health Programs

Take Action Live Well

Take Action, Living Well is a group for people who want to learn how to get motivated to make positive changes in their health and lifestyle.

Contact: St Albans Reception 9296 1200 for further information

Quit Smoking

Do you want to QUIT smoking? Have tried before with no success? Would you like help to QUIT? Would you be happy to try to QUIT with others in a group? If you live work or study in Brimbank and have answered YES to any of these questions:

When: Commencing Monday 18th July 2011

Time: 1.00 - 3.00 pm

Where: St Albans Campus
1 Andrea Street, St Albans

Cost: \$10.00 for 6 week course

Contact: Sarah on 9296 1330 to register for group

Exercise and Wellbeing

Hydrotherapy

8 week program of exercise in the hydrotherapy pool under the instruction of a Physiotherapist. Suitable for joint and muscle problems, including neck and back pain sufferers. All participants must be assessed by an ISIS Physiotherapist before joining the group.

When: Mondays and Wednesdays

Time: 11:00 - 11:45 am and 11:45 am - 12:30 pm

Where: Sunshine Hospital
Furlong Road, Sunshine

Cost: \$5.00 per session

Contact: Sharon 9296 1226

Active Body and Active Spine Exercise Classes

Exercise group for people with Chronic Back Pain. Physiotherapy referral required.

When: Wednesdays 10.00 - 11.00 & 11.00 - 12.00

Where: Deer Park Campus
106 Station Road Deer Park

Cost: Active Spine \$5.00 per session

Contact: Liz on 9313 5000

Exercise and Wellbeing

Tai Chi (for over 55's)

Tai Chi is a fun and traditional Chinese health exercise that is recognised for its many health benefits, such as improving arthritis and balance. Approved by the Arthritis Foundation.

When: Wednesdays 12.00 noon - 1.00pm
Where: Deer Park Campus, Meeting Hall
 106 Station Rd, Deer Park
Cost: \$2.00 per session

Positive Air

The positive air group is an exercise and information session for people who are living with chronic lung disease. It involves 1 hour of exercise and 1/2 hour of education which has a different focus each week e.g. education topic/ guest speaker at times/ social activities.

When: Tuesdays
Time: 10:00 - 11:30
Where: Deer Park Campus
 106 Station Road, Deer Park
Cost: \$3.00 per session

Gentle Exercise Group

Great way to carry out exercises for those who have limited mobility and strength. The exercises are targeted to improve general body strength and flexibility. DVD version is available for purchase for those who would like to carry out the exercises in their own comfort at home.

When: Mondays
Time: 1.00pm
Where: Deer Park Campus
 106 Station Rd, Deer Park
Cost: \$3.00 per session
Contact: For further information please contact Kobby S on 9219 7142

Support Groups - A gathering of people coping with similar issues

Brimbank Men's Shed

The Brimbank Men's Shed is a meeting place where men can talk, yarn, laugh and learn new skills and where mutual respect is understood. The Shed is a place to relax or participate in activities such as;

- Gather and Learn together
- Social outings
- Computer Training
- Gym and Swim
- Food Preparation
- Men's Health Information
- Regular Walking Group

When: Every Wednesday from 10.00 am - 2.00pm
 African/Multicultural Men's Shed - Tuesdays 5.00 - 7.00pm
 Chin Men's Shed - fortnightly on Mondays 5.00 - 7.00pm

Where: 32 Withers Street, Sunshine (in the shed at the rear of Uniting Care)

Contact: Anthony, Brimbank Men's Shed Coordinator on 9311 5900 or Samantha on 9313 5021

Western Aphasia Group Support

A support group for adults with communication (speech and language) problems caused by a brain injury. Carers, family and friends are all welcome to attend.

When: Last Wednesday of the Month

Time: 10.00 am - 12.00 pm

Where: ISIS Primary Care
 122 Harvester Road, Sunshine

Contact: Kerry or Adriana on 9449 6900

Kermeen Street Playgroup

This playgroup is for parents, grandparents and carers and other family members with babies, toddlers and preschoolers. You and your children will participate in a range of activities including craft, dress ups, socialising and sharing toys that are provided by the playgroup.

When: Tuesdays 10am - 12pm

Where: Sunshine West Community Centre, Kermeen Street, Sunshine West

Cost: \$25 per term or \$3 per session per family. This goes towards craft activities and hire of room. Also a one off \$25 per year for insurance cover provided by Playgroup Victoria.

Contact: Nathalie, ISIS Primary Care on 9313 5018

Support Groups - A gathering of people coping with similar issues

Brimbank Diabetes Support Group

All people with Diabetes their family, friends or carers are welcome to attend within the Brimbank Region to get together as a group to share their experiences over a “cuppa” and afternoon tea. Each meeting features a guest speaker which is of interest to the members and a mid-year and Christmas lunch outing is organised.

When: 1st Monday each Month
Time: 1:00 - 3:00 pm
Where: Deer Park Campus
Meeting Room 1
106 Station Road, Deer Park
Contact: Lauren T on 9313 5028

Sunshine Harmony Playgroup

For women and children of all cultural backgrounds. It is an opportunity to have some fun and join other women and their children for games, toys, stories, music, art & craft, cooking, health talks and more! Interpreters available if necessary.

When: Thursdays
Time: 2pm - 4pm (except school holidays)
Where: Salvation Army Hall
42 Devonshire Road, Sunshine
Contact: Denise J on 9313 5019

Chinese Carer's Support Group

This group is Cantonese speaking. The program includes gentle exercise, educational talks related to health and cooking demonstrations.

When: Every 2nd Tuesday of the month
Time: 10:00 am -12:00 pm
Where: St Albans Campus
1 Andrea Street, St Albans
Contact: Alva on 9296 1216

Sunshine Vision (Vietnamese Information Support in our Network) Playgroup

Vietnamese parents with children under 5 in Sunshine. The playgroup activities include;

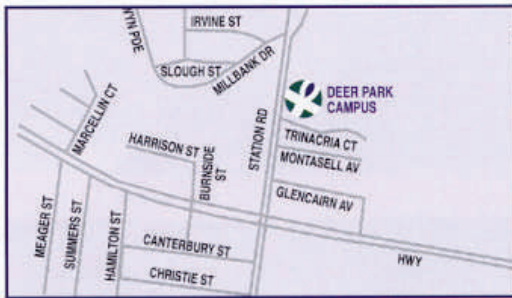
- Playtime for children
- Reading books
- Story telling time
- “Have a go” puppet shows in Vietnamese and English
- Parenting skill information

Where: Sunshine Campus
122 Harvester Road, Sunshine
Contact: Chau on 9313 5022 for more information

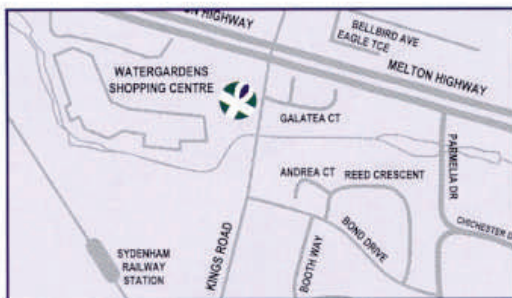
ISIS Primary Care Brimbank Locations



St Albans Campus
1 Andrea Street
St Albans



Deer Park Campus
106 Station Road
Deer Park



Watergardens Campus
Level 1, 399 Melton Hwy
Taylors Lakes



Sunshine Campus
122 Harvester Road
Sunshine

Additional Services at other ISIS sites

Occupational Therapy (0-6 yrs), Child Psychology, Adult Speech Pathology

Other ISIS Primary Care Locations

Wyndham
117-129 Warringa Cres,
Hoppers Crossing
Phone: 8734 1400
Melways Map 206 E2

Hobsons Bay
330 Queen Street
Altona Meadows
Phone: 8368 3000
Melways Map 53:G12