

# WHAT'S ON

*Calendar of Programs and Groups*



# ISIS



primary  
care

**YOUR COMMUNITY  
HEALTH SERVICE**

JULY - AUGUST - SEPTEMBER 2011

# WYNDHAM

# Campus Locations and Services Available

WYNDHAM CAMPUS  
117 - 129 Warringa Crescent  
Hoppers Crossing

Phone: 8734 1400

Melways Ref: 206: E2

## Services available at Wyndham:

- Cardiac Rehabilitation Program
- Child Psychology
- Community Health Nursing
- Counselling Services - *General, Family, Alcohol & Other Drugs, Gamblers Help*
- Dental
- Diabetes Service
- Dietitian
- Exercise Physiology
- Family Services
- Interpreters by arrangement
- Occupational Therapy
- Occupational Therapy (0-school age)
- Podiatry
- Physiotherapy
- Paediatric Physiotherapy (0-school age)
- Speech Pathology (0-school age)
- Women's Health
- Young People's Health
- Refugee Health Program

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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

### Refugee Drop in Day

If you live in Wyndham or Hobson's Bay, are of a refugee like background and don't know how to access health services, we can help you look after your health.

We can help with things like:

- Referral to other health services
- Making medical appointments
- Family relationship issues
- Health information and advice
- Feeling depressed or lonely

Interpreters are available.

**When:** Every Tuesday Afternoon      **Time:** 1.30 - 4.30 pm  
**Where:** ISIS Primary Care  
 117-129 Warringa Cres, Hoppers Crossing  
**Contact:** For more information contact the Refugee Health Nurse on 8734 1400

### Tarneit Community Counselling Service

ISIS Primary Care provides a free counselling service for young people and adults living in Tarneit and Truganina. Counselling provides a chance to speak confidentially with an independent, trained person about issues and problems in your life.

**When:** Monday to Friday - by appointment only  
**Time:** 9.00am - 4.00pm (limited after hours appointments area available)  
**Where:** Tarneit Community Learning Centre, 150 Sunset Views Blv, Tarneit  
 Or ISIS Primary Care, 117-129 Warringa Cres, Hoppers Crossing  
**Contact:** For more information and to arrange an appointment please contact the Intake worker on 8734 1400.

### Women's Health Clinic

Make an appointment to talk about contraception, pregnancy issues, menopause, continence and any other issue of concern. Pap Tests and Pregnancy Tests provided on site. Community education and support provided on request.

**When:** Monday and Thursdays  
**Time:** 9.30 - 4.00pm  
**Contact:** Gabriele M on 8734 1400

### Asthma Information

Individual and group sessions are available to help participants better manage asthma.

**Contact:** Carolyn B on 8734 1400 for further information and appointments.

## What's New

### Easy At Home Group

A one off group to learn easier ways of cleaning/maintain your home, including vacuuming, mopping, dusting and bathroom cleaning. Run by an Occupational Therapist and Physiotherapist, an inter-active group trialling different techniques, equipment, back-care and managing your time.

**When:** 1st Thursday every month  
**Time:** 10.00am - 12.00pm  
**Where:** ISIS Primary Care  
 117-129 Warringa Cres, Hoppers Crossing  
**Cost:** \$5.00  
**Contact:** Alison or Rochelle on 8734 1400 for further information and bookings

## Sessions

### KAREN PREGNANCY CLASSES

Sessions run by "Healthy Mothers Healthy Babies", for pregnancy Karen speaking women. Women can join classes at any stage of their pregnancy. Sessions are run by Childbirth and Early Parenting educator Jodie Gregson, who has years of experience with pregnancy and childbirth classes. A women's health nurse will also run help run the sessions.

Sessions will cover topics such as:

Session 1: Pregnancy care  
 Session 2: Labour, Birth & Breastfeeding  
 Session 3: Birth Unit Tour at Werribee Mercy Hospital  
 Session 4: Post Birth (Maternal and Child Health, Mother & Baby Care, Contraception)

**When:** Dates to be confirmed  
**Time:** 10.00 - 11.30 am  
**Where:** ISIS Primary Care  
 117-129 Warringa Cres, Hoppers Crossing  
**Contact:** For more information and bookings please contact Di or Jodie on 8734 1400

## Better Health Programs

### Healthy Supermarket Tours

Would you like to understand those mysterious food labels and how to make the best choices at the supermarket. Then this FREE 2 hours tour is for you. Especially suited for diabetics.

**Contact:** Kylie on 8734 1400 for dates and further information

## 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

### Cardiac Rehabilitation

For people who have suffered a cardiac event or who are at risk of a cardiac event. This is an eight week program assisting people to more effectively manage their cardiac condition. Partners and carers are welcome to attend.

**When:** Thursdays

**Time:** 1.30 pm to 3.30 pm

**Where:** 117-129 Warringa Cres  
Hoppers Crossing

**Cost:** \$5.00 per session

**Contact:** Carolyn or Michael on 8734 1400

### DIY Diabetes Care

An exciting 4 week Diabetes Education and Self-management Program. Come along to gain lots of information from our Dietitian, Physiotherapist, Diabetes Nurse Educator, Podiatrist, Counsellor and GP.

**When:** Wednesdays

**Time:** 10.00 am - 12.30 pm

**Where:** 117-129 Warringa Cres, Hoppers Crossing

**Cost:** \$10.00 (Single payment)

**Contact:** Philina or Anna on 8734 1400 for further information and bookings.

### “Ready Steady Stand” Falls Prevention Group

A 4 week program incorporating information on preventing falls and Thai Chi exercise for anyone who has had or is a risk of having a fall. Program includes presentations from Occupational Therapist, Physiotherapist & Diabetes Nurse Educator. Partners / Carers are welcome to attend. This is a free program.

**Contact:** Annabel on 8734 1422 for more information

### Recharge Your Heart

8 week program incorporating information and exercise sessions for anyone who has had a cardiac event or is at risk of having one. Partners / carers are welcome to attend. All participants are assessed before commencing. Home programs available

**When:** Every Thursday

**Time:** 1.15 - 3.30 pm

**Where:** 117-129 Warringa Cres, Hoppers Crossing

**Cost:** \$5.00 per session (negotiable)

**Contact:** Carolyn B or Vesna on 8734 1400

## Better Health Programs

### Hungry Caterpillars

If you are family living in Heathdale in Werribee with children under school age, you are welcome to join our free weekly playgroup. We have fun sharing songs, stories and craft to help children connect with their parents/carers and learn skills for starting school.

**When:** Tuesdays

**Time:** 10.30 am—12.00

**Where:** Heathdale Community Centre  
Cnr Kookaburra Ave and Nightingale Drive, Werribee

**Contact:** Melissa on 8734 1400.

### Moving on Gym Program

An 8 week program. Gain confidence in becoming active and find out what is available in the community. Sessions are supervised by a physiotherapist.

**When:** Tuesdays

**Time:** 10.30 am - 12.00 pm

**Where:** 117-129 Warringa Cres, Hoppers Crossing

**Cost:** \$5.00

**Contact:** Vesna on 8734 1400

### Stepping Stones Pulmonary Group

A group for anyone with a lung condition who has difficulty breathing and who find that everyday activities are getting harder. Develop an activity program to suit your needs following a physiotherapy assessment.

**When:** Fridays

**Time:** 10.30 am - 12.00pm

**Where:** 117—129 Warringa Cres, Hoppers Crossing

**Cost:** \$5.00

**Contact:** Vesna on 8734 1498

## Exercise and Wellbeing

### Werribee Plaza Pacers

The 'Werribee Plaza Pacers' is a walking group for older adults. . The group benefit from walking in a safe environment unaffected by weather or other outdoor barriers. After a light stretch and the walk around the plaza, walkers are invited to stay for a coffee and chat. The group caters for all abilities.

The Werribee Plaza Pacers is a joint initiative of Wyndham City Council, Werribee YMCA, Werribee Plaza and ISIS Primary Care.

**When:** Wednesdays and Thursdays

**Time:** 8.00 am

**Where:** Cherries Cafe at Werribee Plaza

**Contact:** Jackie H on 8734 1422

## *Support Groups - A gathering of people coping with similar issues*

### Wyndham Dementia Carer's Group

The group is aimed at supporting the carers of people with dementia living in the local community. The main aims is support, information and opportunities for socialisation with other carers

**When:** First Tuesday of Month  
**Time:** 1:00 - 2.30 pm  
**Where:** 117-129 Warringa Cres, Hoppers Crossing  
**Contact:** Annabel (OT) on 8734 1400

### Rechargers

Past participants of cardiac rehabilitation program and partners are invited to attend regular social events

**When:** 3 Monthly, calendar available  
**Where:** 117—129 Warringa Cres, Hoppers Crossing  
**Contact:** Carolyn B on 8734 1400 for further details

### Gamblers Help Western Region

If you are thinking about seeking help but find it difficult to make time during normal business hours, Gambler's Help Western has recently extended its after hours to make it easier to attend an appointment. Along with our day time services, we now offer the following after hours appointments:

#### **Problem Gambling Counselling:**

- Saturdays 9am-1.30pm at ISIS Primary Care, 106 Station Street, Deer Park
- Tuesday evenings 5pm-8pm at ISDIS Primary Care, 1 Andrea Street, St Albans
- Tuesday evenings 5pm-7pm at Wyndham Health Service, Cnr Warringa & Claremont Crescent, Hoppers Crossing
- Wednesday evenings 5pm-7pm at Flemington Community Centre, 25 Mt Alexander Road, Flemington.

#### **Problem Gambling Financial Counselling:**

Tuesday evenings 5-8pm at ISIS Primary Care, 1 Andrea Street, St Albans.

No referral is needed to access our services. To make an appointment for free and confidential counseling, or to discuss any questions you might have, simply ring our intake line on 9296 1234 between 9am and 5pm Monday to Friday.

# ISIS Primary Care Wyndham



**WYNDHAM COMMUNITY HEALTH SERVICE:**

117 Warringa Crescent  
 HOPPERS CROSSING, VIC 3029  
 Phone: 8734 1400  
 Fax: 8734 1460

## Additional Services at other ISIS sites

Audiology, Dental, Medical Centre, Brimbank Maternal & Child Health Service, Neighbourhood House, Community Aged Care, Acquired Brain Injury Program, Linkages, Inner West Linkages Program, Adult Speech Pathology

## Other ISIS Primary Care Locations

**St Albans**  
 1 Andrea St  
 St Albans  
 Phone: 9296 1200  
 Melways Map 26 A2

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

**Deer Park**  
 106 Station St  
 Deer Park  
 Phone: 9219 7142  
 Melways Map 25 E7

**Watergardens**  
 Cnr. Kings Rd & Melton  
 Hwy  
 Taylors Lakes  
 Phone: 9449 6900

**Sunshine**  
 122 Harvester Road  
 Sunshine  
 Phone: 9313 5000  
 Melways Map 26 H12