

Promoting your health

Our range of services and programmes aim to promote your health and well-being



For a complete list of our services
visit our website: www.iechs.com.au

BOROONDARA COMMUNITY HEALTH CENTRE
378 Burwood Road, Hawthorn
☎ 9818 6703

CRAIG COMMUNITY HEALTH CENTRE
7 Samarinda Avenue, Ashburton
☎ 9885 6822

YARRA HEALTH SERVICES
283 Church Street, Richmond
☎ 9429 1811

SIR ERIC PEARCE HOUSE
273 Church St, Richmond
☎ 9427 1404

- Alcohol and Drug Counselling-Youth and Adult
- Audiology
- Adult, Youth and Child Dental Services
- Bulk-Billing General Practitioners
- Community Health Nursing
- Counselling
- Dietetics
- Health Promotion
- Massage
- Occupational Therapy
- Physiotherapy
- Podiatry
- Psychology
- Social Work
- Speech Pathology
- Youth Counselling and Support
- Youth Health

**BULK
BILLING
DOCTORS**

Children's health

'Busy Bodies'

A 6 week 'play' group program for parents and toddlers (2-3 years) experiencing language and/or motor development difficulties. This early intervention program runs once per school term for children who are on the speech pathology or occupational therapy waiting lists. **Call 9420 9118.**

School Readiness Groups

Six week group program run at the end of the school year for children who will commence school the following year. This group can be accessed by children who are accessing Speech Pathology or Occupational Therapy from this service. Skills targeted include: giving and following instructions, pre-literacy skills, scissor and pencil skills, and gross motor skills.

How Well Your Child Hears

Information sessions on signs and causes of hearing loss in children, how hearing develops, and auditory processing disorders. These sessions can be booked with our **Audiologist** either individually or by Maternal and Child Health Centres, Kindergartens, Teachers or other groups. **Call 9420 9118.**

Children's Dental Health

Bring your Child (Preschooler – Grade 6) along for a dental check up and for advice on teething, teeth care and decay preventing diet. It's FREE for health care and pension card holders. There is a small fee (\$28.00) for non card holders. Early detection of problems and prevention advice can reduce the need for dental treatment later. **Call 9885 6822.**

Children's Foot Health

Is your child falling over regularly? Do you struggle to find shoes that fit? Bring your child along to see our **Podiatrist** for a foot check and for advice on footwear and foot care. It is especially important to regularly assess growing feet and check footwear to help prevent long-term foot and leg problems. There is a small fee and clients must live in the City of Boroondara. **Call 9420 9118.**

Every Body Health Body

This health promotion initiative promotes healthy food choices and physical activity to kinder and primary school children in Ashburton. **Call the Public Health Dietitian on 9818 6703.**



Youth Health

Youth Dental Health

If your teenager is in Years 7 – 12 (or under 18 years of age) the dental clinic provides FREE dental check ups and treatment, if the teen or his/her parents hold a health care or pension card. **Call 9885 6822.**

Well-being & support programs

Adult Dental Health

Dental Care for Concession Card Holders 18 years and over. Co payment fees and waiting lists do apply. **Call 9885 6822** for more information.

Cautious with Cannabis

This is an information session for cannabis users, their friends and family members. Information on cannabis, its effects, services available and practical strategies to assist making changes. The Eastern Drug and Alcohol Service provide this 2 hour information session once every three months from the Hawthorn site. Bookings are essential. **Call 1300 650 705.**

Counselling Team

Counselling offers individuals, couples and families support and assistance to explore issues in life that are difficult or challenging in a supportive, respectful and safe environment. Support is available on a range of issues.



The counselling process may be short or longer term depending on the needs of the individual. The counselling team comprises experienced **Social Workers and Psychologists**. For information contact **9818 6703.**

Managing Depression

An opportunity to learn coping strategies and techniques to assist you in managing depression. Offered through group programs or seminars and facilitated by a **Psychologist**. **Call 9818 6703.**

Mothers Group

A social group for low income and/or socially isolated mothers in the Ashburton area. Participants can enjoy a friendly chat, make new friends and become involved in a variety of activities including arts and crafts, cooking a shared meal. Contact the **Public Health Dietitian on 9818 6703.**

Stress Management and Relaxation

Aims to assist in developing a range of skills and strategies to identify and manage stress in our lives. Includes a range of relaxation techniques. Single session workshops or program format. Facilitated by a **Psychologist or Social Worker**. Call **9818 6703**.

Smoking Cessation Programs

Consist of one on one consultation including counselling and Nicotine Replacement Therapy. For more information telephone **9420 9118**.

Hydrotherapy

Weekly warm water-based exercise program. This program aims to improve core strength and stability and is also beneficial for musculoskeletal injury recovery or post joint surgery rehabilitation.



During school term on Mondays 9–10am at the Ashburton Pool, Wednesdays 1:30-2:30pm at the Royal Talbot Hospital, Kew. Sessions are also held on Tuesdays - Thursdays 3-4pm at the Epworth Hospital, Richmond. All sessions are conducted by a Physiotherapist. For information and bookings please telephone **9420 9118**.

Community Kitchens Project

A community kitchen is a group of people who get together on a regular basis to plan, shop for, and prepare meals together. Members take away meals for the week for themselves or their families. Benefits include: making friends, learning new tips in the kitchen, and saving money on weekly shopping. We hope to open up more kitchens in the near future. For information on the **Ashburton** community kitchen for mothers on a low income please contact the **Public Health Dietitian** on **9818 6703**.

Asthma Management Plan

This plan is most helpful for people with moderate or severe asthma. These assessment and education sessions gives you the opportunity to discuss your concerns about asthma, how it affects your lifestyle and how you can best manage your asthma. The assessment includes spirometry and optimisation of your medication and is bulk-billed. Program provided by **Community Health Nurse** or **GP**. Call Hawthorn **9818 6703** or Richmond **9429 1811**.

Diabetes Education Program

A 5-session program delivered by a team of health professionals. Includes: understanding diabetes, self-management, medications, healthy eating, strategies to cope with diabetes, exercise, foot-care and a supermarket tour. In partnership with the Melbourne East GP Network. Call **8878 3755** or fax 9894 3119.

Life! Program

Clinically proven effective lifestyle modification program for adults aged 40+ years who are at risk of developing Type 2 Diabetes. Clients must complete the Australian Diabetes Risk Test (see Diabetes Australia -Vic website or your GP) with a high score and have a blood glucose test undertaken in the last 12 months which excludes diabetes. Visit www.diabeteslife.org.au. Cost is free but participants are expected to attend all sessions. Contact: Nurse at Craig Community Health Centre **9885 6822**.

Stroke Support Group

The Boroondara Stroke Support Group (BSSG) meets on the first and third Thursday of each month at 10.00am-12noon at the Boroondara Community Health Centre. Stroke survivors and their carers who wish to be with people sharing a common experience and to receive or give mutual help and support are encouraged to attend. Health and Fitness classes and Ballroom Dancing classes are also available. For further information please contact **Jenny** on **9818 5395** or at strokejc@bigpond.net.au



Health Time Program

This program addresses the health and well-being of people living within the Ashburton, Ashwood and Chadstone public housing estates and the Boroondara rooming houses. We provide outreach health promotion initiatives, such as promotional, social and health related services which increase access to health services. For further information contact the **Health Time Coordinator** at Hawthorn on **9818 6703** or for Ashburton call the **Community Development worker** on **9809 9505**.

Active Places

Improves the physical activity of people who live in public housing in Ashburton, Ashwood and Chadstone, by working with residents to reduce barriers to participation in physical activity and developing a variety of accessible and enjoyable physical activity options. For further information call **Active Places Community Development Worker** on **9809 9505**.



Older persons health

Greek Exercise Group to assist the Greek Community

Would you like to join an exercise class for older adults in Richmond? For more information telephone **9420 9118**.

Ελληνική ομάδα άσκησης για να βοηθήσει την ελληνική Κοινότητα

Εάν θα επιθυμούσατε να ενώσετε μια κατηγορία άσκησης για τους παλαιότερους ενήλικους στο Ρίτσαμοντ καλέστε το συνδεδεμένο βοηθό υγείας σε **9420 9118**.

Living Safely and Independently at Home

Occupational Therapists provide assessment and advice to people in their homes to maintain safety and promote maximum independence and involvement in everyday activities. For more information telephone **9818 6703**.

The Caring Café

The Caring Café is part of our Residential Aged Care Service. We offer support to carers of people who are aged, dependant on family and neighbours for assistance. Many experience memory loss or challenging behaviours, have special needs or are from culturally diverse backgrounds or are financially disadvantaged. The hours of care and respite are adjusted to suit the personalised needs of each carer. The service can give carers "time out" for respite, leisure and everyday tasks. For referrals or further information call the **Co-ordinator on 9427 1404**.

Sir Eric Pearce House

Sir Eric Pearce House is a 30 bed Residential Aged Care Facility, providing 24 hour care to both permanent or short term stay residents. For further information call the **Manager on 9427 1404**.

Step Safely

FALLS Don't Just Happen. To maintain an active and independent lifestyle, a 2-session program has been designed and is delivered by health professionals targeting older people at risk of falling. For further information call the **Foothold on Safety Project Officer on 9818 6703**.

Senior Strength and Balance Exercise Group

Weekly gentle group exercise program. Monitored by a **Physiotherapist** and facilitated by a **Fitness Instructor**. Throughout the week at various times in Richmond and at Hawthorn. For information and bookings please call our Hawthorn centre on **9818 6703** or our Richmond centre on **9420 9118**.



Hearing Health

Information sessions on how the ear works, ear pathology and hearing loss, tinnitus management, and communication strategies. These sessions can be booked with our Audiologist at Richmond for singles, families, workplaces and social groups. **Call 9420 9118**.



A wide range of co-located, private & Medicare funded services, including the following:

At our Richmond site:

- Pathlab Pathology Services
- Private Dietician
- Private Psychologist
- Austin Child & Adolescent Mental Health – Family / Youth Counselling Services
- Back To Basics – Chiropractor
- Australian Hearing – Adult Hearing Specialists

At our Hawthorn site:

- Neo Psychology – Clinical Psychologists
- Australian Hearing – Adult Hearing Specialists
- Private Social Workers

At our Ashburton site:

- Maternal and Child Health Care
- Craig Family Centre

INNER EAST COMMUNITY
HEALTH SERVICE

